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diet
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Henredon

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As any perfectionist knows, details are everything. Here you have a most charming example.

Smocking.

It runs all around the pillowshams, ruffles the pillowslips, finishes the hemlines of the sheets, and gives the entire edition a handworked look, decidedly European in character.

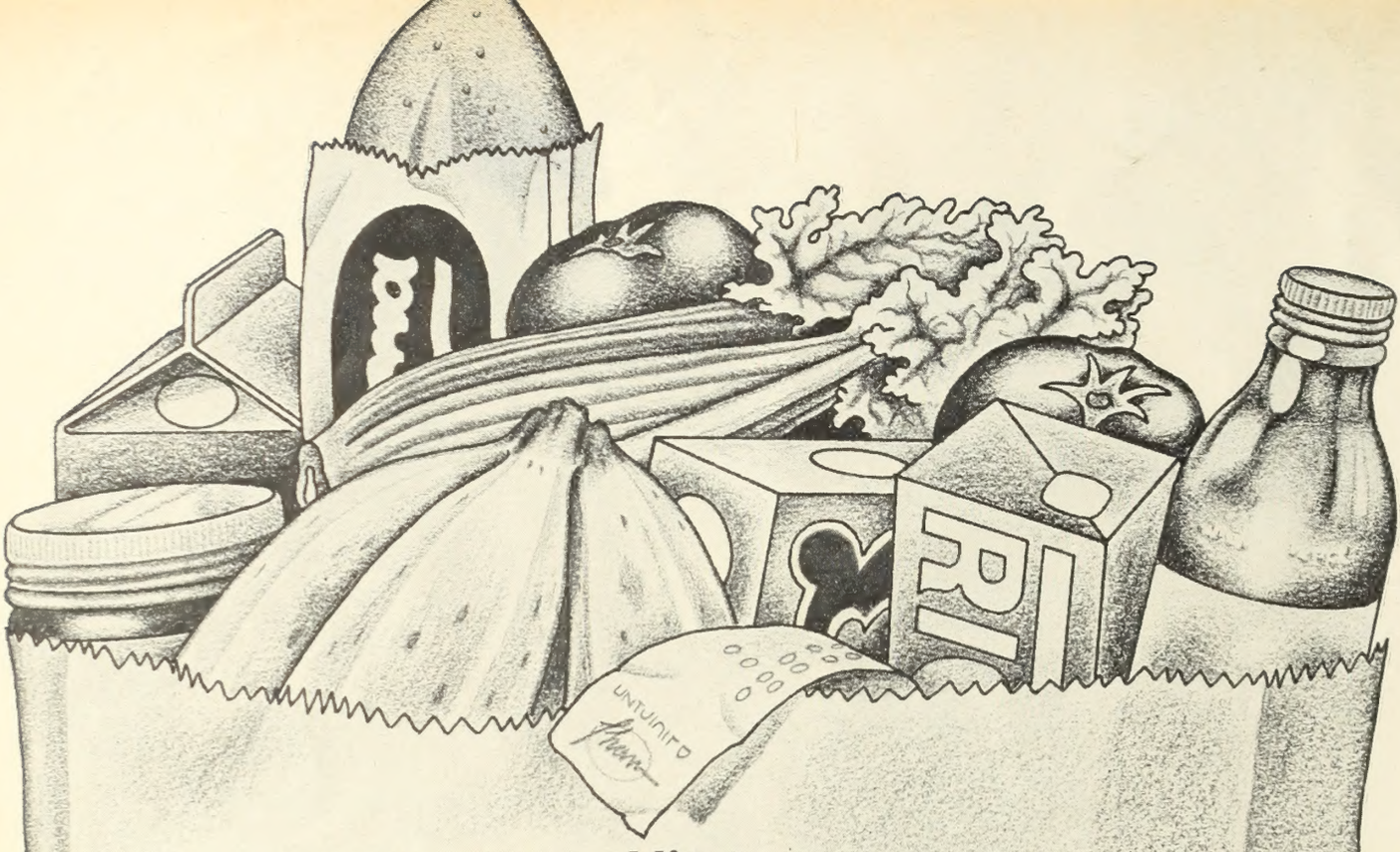
The naive print, on strict white or neutral candlelight grounds, accompanies the smocking and looks surprisingly worldly when in a room.

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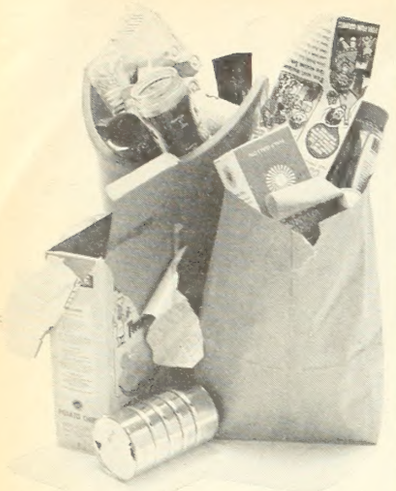
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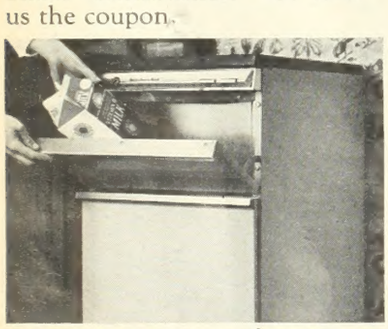
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HOUSE & GARDEN

(INCORPORATING **LIVING** FOR YOUNG HOMEMAKERS) Vol. 147 No. 7



BEADLE

ON THE COVER: Summer, dessert on the terrace, in the shade. The tablecloth, made from gingham sheets, picks up the cool greens of the garden. The old schooner chair out on the lawn, bought at a ship's auction, adds to the sense of vacation. Flowering plants hung from the trellis create a gentle bower. It's all so simple, yet makes summer so rich with pleasure. For the Robert Koturs, there is the added satisfaction of having restored this setting themselves. One of the many talented couples we report about in this issue, they saw potential in a neglected old house many had ignored. See more of their delightful 18th-century New England house, page 46.

JULY, 1975

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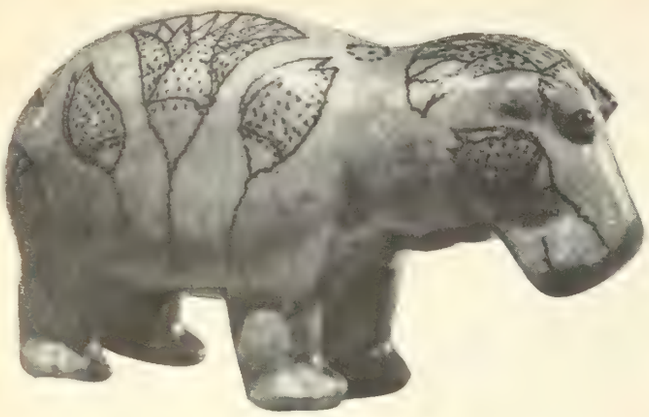
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Please send me all advance announcements and catalogues of replicas to be issued by the Museum during the next 12 months. One dollar to cover mailing costs is enclosed.

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Antiques

By Louise Ade Boger

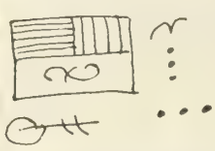
Hoop-back Windsor Chair

We have received conflicting information about this chair's origin. We believe it's 18th century, but is it English or American? How can you tell?
P.W.—Westover Air Force Base, Mass.



Your chair is English. You can tell because the two front legs of the English hoop-back Windsor chair were sometimes of cabriole form in imitation of the more costly furniture, and the stretcher uniting them was often curved. They replaced the ordinary turned and splayed legs invariably found on 18th-century American Windsors. The hoop-back came into use in England after 1750.





Sampson Vases

We think these vases were made in England in the 18th century, sent to China for decoration, then returned. Is this so? *H.B.H.—Dickson, Tenn.*

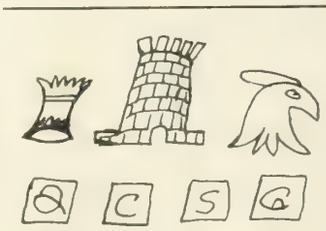
No. The mark is that of Sampson and Company, a still existing manufacturer located in Paris since the early 19th century, specializing in reproductions of collectable wares of various countries and periods, such as Chelsea, Meissen, and Famille Verte. It is claimed that all Sampson's imitations bear one of several trademarks. Your rectangular pseudo-Chinese hallmark in red with a running S beside it appears on copies of Oriental Lowestoft.

Russian Icon

Can you tell me the name of the saint on my Russian icon? Is it a very old one? Are icons considered collectable?
E.P.—Boston, Mass.



The saint represented on your 18th-century Russian wooden icon is Saint Nicholas, a sacred personage in the Eastern Church, who was widely popular as he performed miracles. Icons are very collectable.



American Tea Service

From my rough sketch, are you able to identify the maker of my tea service and tell me about how old it is? What do the initials E.P.N.S. stand for?
H.M.—Cannon Air Force Base, N.M.

The mark indicates that your plated silver tea service was made by the Queen City Silver Company, which manufactured plated silver hollowware. The company was active at Cincinnati, Ohio from about 1888 to 1931. The letters E.P.N.S. (electro-plated nickel silver) tell you that your tea service is plated silver.

Continued on page 10

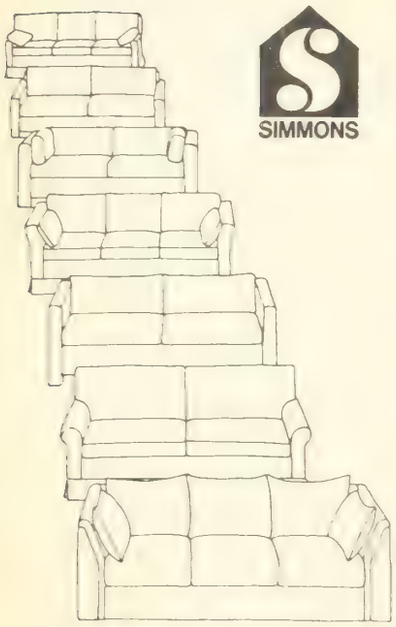


It goes from oven to table, table to dishwasher, dishwasher to cabinet. And back again. What's more, it's rugged enough to make the round-trip over and over again, unscathed. The place-setting patterns, clockwise from top, are Tiger Lily, Victoria, Arctic, Primrose and Iona. The shapely Arctic serving pieces—there are several others—coordinate with all patterns. Wedgwood® oven-to-tableware is not only extremely good-looking. It goes to ridiculous extremes. 45-piece service for 8, $260; 16-piece service for 4, $87; 4-piece place setting, $26.50. Wedgwood, 555 Madison Avenue, New York 10022.

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Wake up a wall. Any wall.

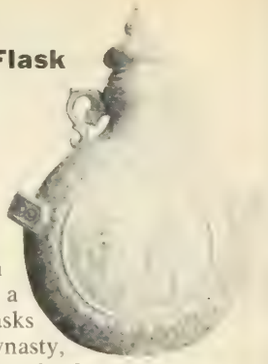
This classic shaped mirror with its solid brass ring is one of many ways to wake up your study or den. For more suggestions send us your name and a dollar. We'll send you our full color catalog and the name of your nearest Carolina Mirror dealer.

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Antiques

continued from page 6

Pilgrim Flask



We found this flask tucked away in a dusty antiques shop and are curious about its origin and what it was used for. Can you help? *A.G.—San Ardo, Cal.*

The form of your vessel with flattened sides derives from the distinctive pilgrim flask, generally almost circular in shape with two loops or rings on the shoulders to hold a cord, but without handles. Pottery pilgrim flasks were made in China as early as the T'ang Dynasty, 618-906, and majolica examples survive from the Renaissance. Your flask was made in Europe, perhaps England, probably about the 1880s.



Caster and Butter Dish

I inherited these two silver pieces. I've drawn the markings on each and hope that you can give me some idea of their age and any other information you may have about them. *G.N.J.—Shreveport, La.*

The revolving caster of plated silver, fitted for six glass bottles, three having pierced metal caps, was made by James W. Tufts of Boston about the 1880s. It was at this time that the tall central handle, always a marked feature, attained extreme height. You are fortunate to have all six original bottles.

The butter dish was probably made about the 1880s, when for the first time they were made in considerable quantity and variety. Most had two distinguishing features: a high domed cover to conform with the "print" of butter and a pierced disk inside so melted ice could drain into the container below. The "moist" cover was often suspended from a high-arched handle while butter was being used.

German Clock Peddler



What can you tell me about this clock figure that I've had for many years? Does it represent anyone in particular? It contains a whistling mechanism and the head turns slowly from side to side as the man whistles.
L.R.—New York, N.Y.

Your clock figure represents the popular Black Forest of Germany clock peddler who, in the 19th century, traveled about the German countryside with his wares strapped to his back. ■

Special offer to House & Garden readers

Copies of Louise Ade Boger's book, *House & Garden's Antiques: Questions & Answers*—over 900 items from past columns arranged by category for easy reference. Only $9.95 per copy, plus 45c for postage and handling. Write to Condé Nast Books, P.O. Box 3308, Grand Central Station, New York, N.Y. 10017.





"After what we spent for this house, we'd be foolish to pinch pennies on the paint."

—Stuart A. Cowan, Wilton, Connecticut.



"Our house is the best investment we've got," says Stuart Cowan. "So when it comes to buying some paint to protect that investment, it doesn't make sense to pinch pennies.

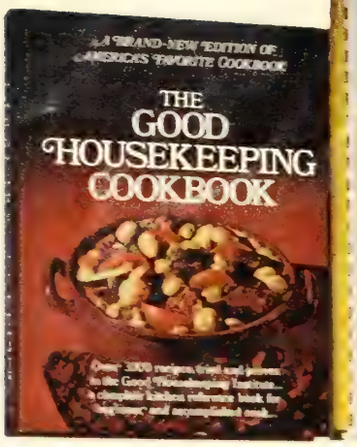
"This time we bought the good stuff. Du Pont Lucite®. Our house is worth it. Besides, Lucite lasts a long time, so we won't have to buy paint often."

For your nearest Lucite retailer, call this special number free anytime. 800-243-6100. Dial as you normally dial long distance. (In Connecticut call 1-800-882-6500).

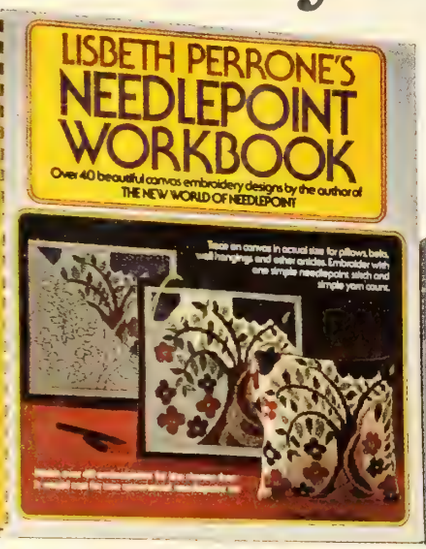
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There is a way to read today's best

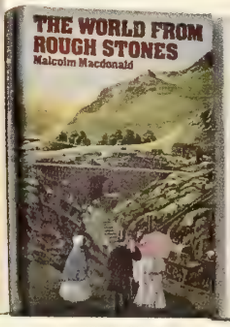
It's called



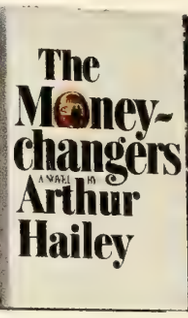
3004 $8.95



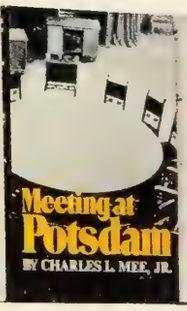
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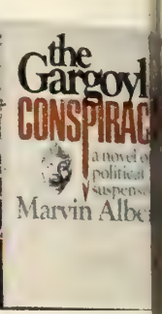
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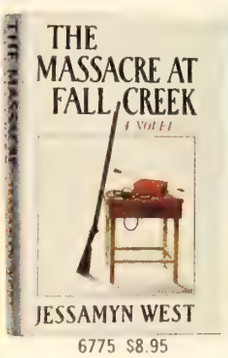
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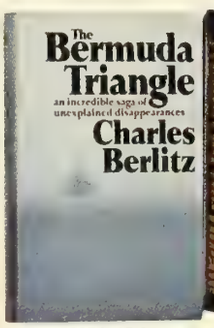
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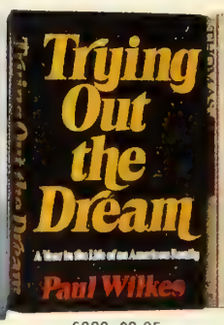
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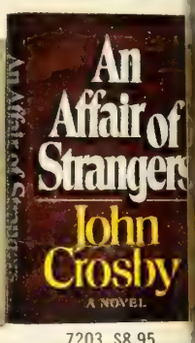
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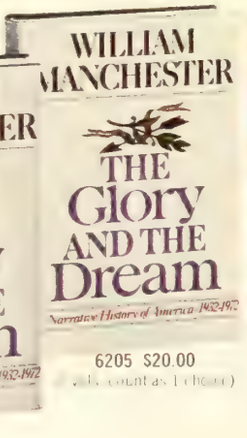


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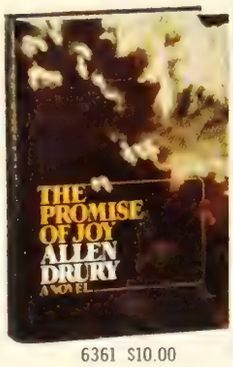


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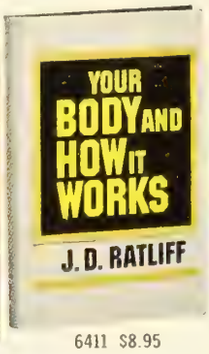




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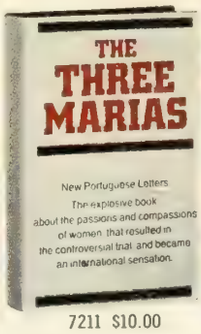
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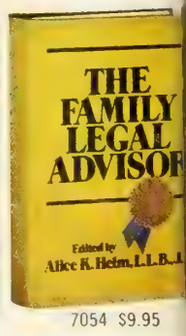
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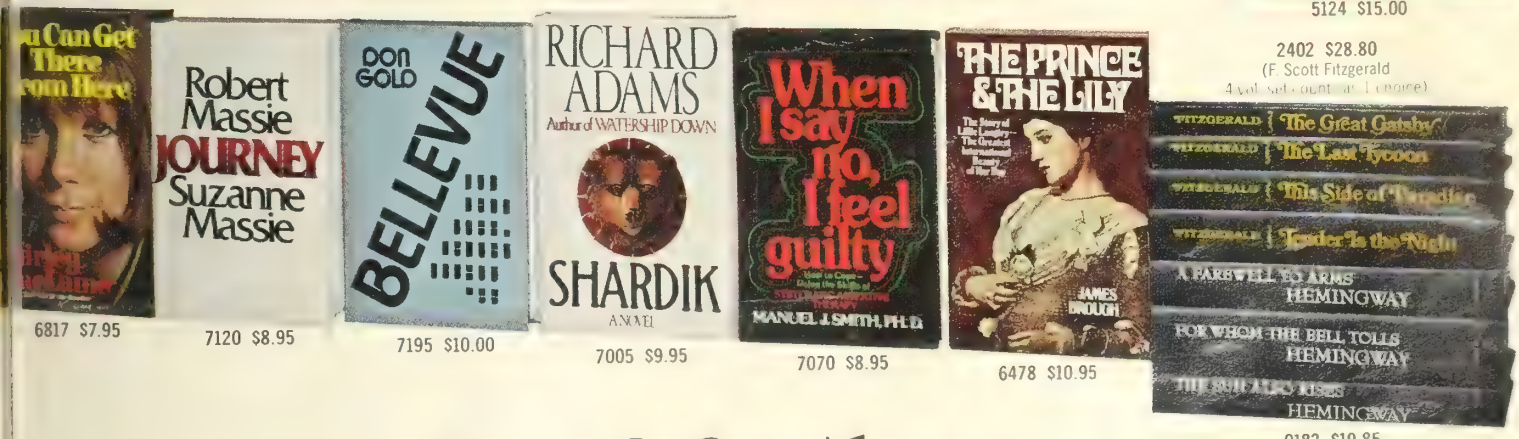
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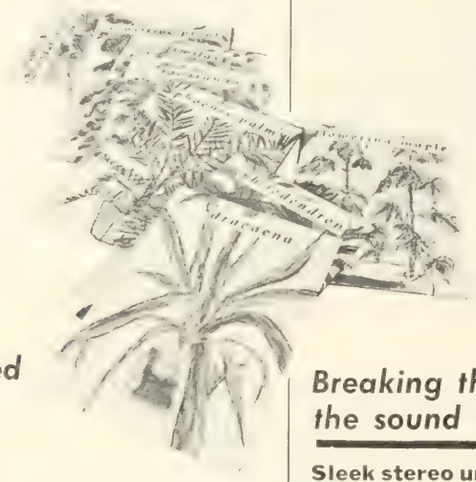
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The Literary Guild

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Designs for pleasure

Super sound, 3-in-1 furniture, earth energy, calls of the wild, and grow-your-own jungle



Tropical plants to grow from seed

Summertime is an easy time to start a garden even indoors. Penny-wise seed packets, with full instructions for growing dracaena, philodendron, phoenix palm, umbrella plant, jacaranda, and others, are 90c each at garden centers or postpaid (minimum order six packets) from Applewood Seed Co., 833 Parfet Street, Lakewood, Colo. 80215. A Shakespeare garden of herbs is available, too. After seeds germinate in shallow flats or cans in warm room, then move to sun. Transplant later to small pots.



S. KORNILOFF

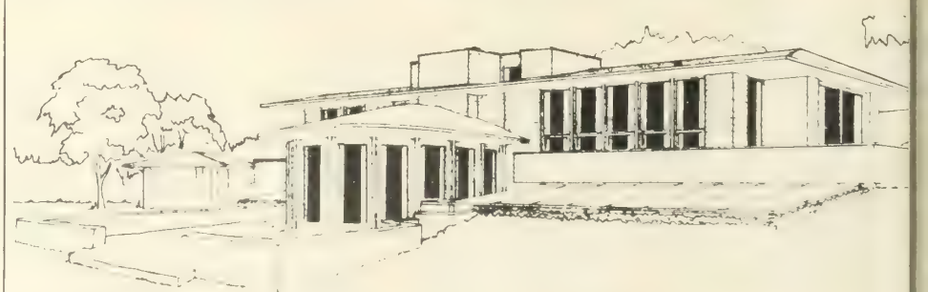
Breaking through the sound barrier

Sleek stereo unit with a master control panel, turntable, solid-state FM/AM radio, 4-channel 8-track cartridge player, record changer, Matrix decoder, cartridge storage well, and illuminated balance scope to determine emphasis of the sound. Four 17⅞ inches-wide speakers complete the set. A light pecan tambour top slides over controls and turntable to keep it dust free. $750. By Magnavox.



Great outdoor sounds to stretch a summer holiday

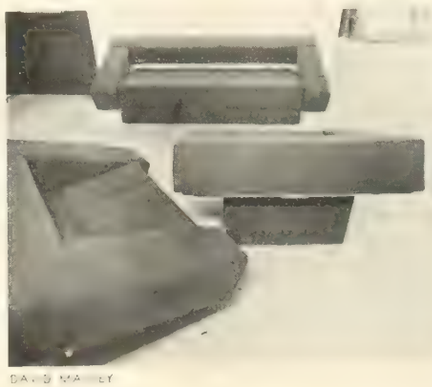
"Wind in the Trees," "Wood Masted Sailboat," "A Country Stream," "Dawn and Dusk at Okefenokee Swamp," and other recordings take you where you want to be or hype the volume of country sounds you may be enjoying right now. Records are $6.98 from Syntonic Research Inc., 175 Fifth Ave., N.Y., N.Y. 10010.



Using the earth to heat and cool a house

At New Canaan, Conn., architect Landis Gores and heating consultant and ecologist Paul Sturges have designed a geothermal house that will draw upon heat stored in the earth. It will have an air-conditioning system using a heat pump that extracts heat from the ground to warm or cool the air. (Below the frost line ground temperature remains constant year round.) The constant tempered air, circulated by blower fans through a 250-foot loop, 8 feet under ground, will minimize the cycling of the heat pump as it warms the air. A heat exchanger provides for household hot water. The five-level house, with two zones below ground, has bands of south-facing windows on top zones to gain sun heat, while bedrooms, below grade, gain insulation from the enclosing earth. The zoned design of the house, coupled with earth heat, controls indoor climate year round at the modest cost of an electric heat pump and fan.





DAVID MANLEY

Pop-up furniture one bed turns into two chairs and one sofa

Three pieces of furniture that fit together make a bed 65-by-80 inches long. All three pop-up to make two chairs and a full-length sofa by a clever spring built into their base. It's all covered with emerald green cotton sueded cloth over Dacron cubes and polyurethane to give it cushiony depth. Designed by Bardi Gi

Whatever your kind of skin, there's a Coppertone for you.

FAIR SKIN?
USE COPPERTONE SHADE

(Green label) Burn easily? Shade was made for you. Two sunscreens let you tan gradually, not burn. Moisturizers help keep skin looking deliciously young. (Build a base tan with Shade; later, use Lotion.)

PEACHES AND CREAM SKIN?
USE COPPERTONE LOTION

(Yellow label) For "just right" skin: Lotion or Foam... to let tanning sunshine in, help keep burning rays out. Rich in skin-softening moisturizers. (When skin's "sun-conditioned," use Oil.)

OLIVE SKIN?
USE COPPERTONE OIL

(Blue label) Tan easily? Oil up, for a dark, tropical looking tan...with moisturizers to help keep skin satiny-soft.

(Or use Coppertone Tanning Butter!)

Whatever your kind of skin, get America's favorite tan: Coppertone!


Coppertone
Shade
Coppertone
Coppertone
Coppertone

Budget Eating

She shops and cooks. He cleans up. They share the cost. Françoise Filotti shows how she and her husband, Ion, eat and entertain for less than $50 a week

Ion and I were married last summer and live in Manhattan. We both like to eat delicious, inexpensive dishes that are quick to prepare, and to have friends for dinner once or twice a week.

We both work and contribute an equal amount to all household expenses. Household duties are divided in the most natural way: according to likes and dislikes and personal schedules. I do all the shopping, because it bores Ion to tears. He doesn't enjoy wandering into three supermarkets to find the best values, which, to me, is a sport.

Often, I work the menus around the sales or "specials" of the week. If there is a chicken "special," I buy enough to cook a dish that day, plus more to keep in the freezer. I prefer some frozen foods over their fresh counterparts—spinach and baked squash, for example, because they are so easy to prepare and save a lot of time. I also make good use of some canned foods: Tomatoes are excellent value for cooking.

Cooking is my job because I love it and I leave the office first. We start the day with a good breakfast—cereal or eggs, yoghurt or cheese, fresh fruit juice, toast and jam, and coffee or tea.

We both like the idea of taking our lunch to the office. We save money and avoid the fattening monotony of delicatessen sandwiches and hamburgers. Neither of us is on a calorie-counting diet; we each want to maintain our present weight. Ion, however, has ulcers. So we follow some basic rules: small portions; no snacks; no greasy or spicy dishes; no wine or alcoholic beverages, unless we have guests. We do indulge in a sweet a day, because Ion wouldn't think of a meal without dessert.

Every day, Ion calls me when he leaves the office. As it takes him forty-five minutes to reach home, I can time dinner. While I'm cooking I do the next day's lunch. After dinner, I relax while Ion washes the dishes, stashes them away, and cleans the kitchen.



A week's staples

Bacon: ¼ pound	80.
Bologna and salami	1.0
Bouillon cubes, chicken, beef	.1
Bread: 1 pound rye	.0
10-ounce Italian	.1
½ Swedish rye	.3
Butter: 1½ pounds	1.3
Celery, Pascal: 1 stalk	.3
Cereals	.3
Cheese, domestic Swiss	2.0
Coffee and tea	.5
Currants	.2
Eggs: 30 grade A large	1.7
Flour (presifted)	.2
Grapefruit	.5
Jelly	.7
Lemons: 3 large	.6
Milk: 2½ gallons (includes amount in desserts, yoghurts)	3.6
Mustard, Dijon	.2
Oil, cooking	.1
Onions: 1 pound white, Texas	.1
Oranges, Temple	.9
Prunes, canned	.7
Salad: 1 Boston: 2 pounds escarole	.9
2 packs radishes	.3
Seasonings: Amount used in 1 week of a variety	.1
Sugar: 2 pounds	.8
Tangerines	.4
Vinegar	.0
Walnuts	.4
Whipped cream topping: 7-ounce ca	.4

Prices reflect amount used in 1 week.

$21.1

Menus for the week

All menus for two, except where noted

	MONDAY	TUESDAY	WEDNESDAY
LUNCH	*Ham and rice salad* *Apples* *Yoghurt*	*Poached eggs in gelatin* *Bananas* *Buttered slice rye bread* *Homebaked cake*	*Potato and bologna salad* *Yoghurt* *Fresh pears* *Homemade cake*
DINNER	*Steak with blue cheese sauce* *Baked squash* *Caramel eggs*	*Pork chops with herbs* *Beans in tomato sauce* *Celery, lettuce, escarole, and radish salad* *Fresh pineapple in kirsch*	*Breast of veal Americaine* *Boiled rice* *Fennel salad, dressing* *Banana delicious*
	THURSDAY	**FRIDAY**	**SATURDAY**
LUNCH	*Salmon, celery, corn salad* *Tangerines* *1 slice buttered rye bread* *Homemade cake* *Walnuts and currants*	*Broiled chicken thigh* *Lettuce, celery, radish, and tomato salad, dressing* *Slice buttered rye bread* *Yoghurt, Homemade cake*	*Chickpea salad* *Grapes*
DINNER	*(dinner party for 8)* *Beef au gratin* *Escarole, radish, celery salad* *Lemon tart* *Beaujolais Primeur '74*	*Curried codfish* *Spinach* *Rice* *Escarole salad with radish* *Raspberry sherbet*	*Baked zucchini and rice* *Boston lettuce salad with chopped chives* *Sliced oranges*
	SUNDAY		
LUNCH	*(luncheon for 4)* *Chicken with noodles* *Escarole and lettuce salad* *Chocolate pudding* *2 bottles Rosé de Provence*		
DINNER	*Fresh vegetable soup* *Cold cuts* *Bread and Swiss cheese* *Chilled applesauce*		



SUSAN WOOD

Total for the week

$49.05

Recipes

Note: Yoghurt and salads except where noted included in staple

HAM AND RICE SALAD

2 cups boiled rice
3½ ounces ham
2 hard-cooked eggs
1 tomato
oil
wine vinegar
mustard
salt and pepper

Put rice into bowl and mix in chopped ham, egg, and tomato. Season with oil-vinegar-mustard dressing and salt and pepper. Put salad into individual, seal-tight containers.

MONDAY LUNCH, ABOUT:

Ham	$0.35
Tomato	.09
2 cups cooked rice	.11
2 apples	.20
	$0.75

CARAMEL EGGS

1 pint milk
4½ ounces sugar
dash vanilla
2 eggs
1 tablespoon cornstarch
2 ounces sugar
¼ teaspoon lemon juice

Put milk, 2½ ounces of the sugar, and vanilla into saucepan. Bring slowly to a boil, turn off heat.

Separate egg yolks from whites; mix yolks and cornstarch in large, heavy saucepan, add hot milk mixture little by little, stirring. Put over low heat, stir and let mixture thicken. It is cooked and ready when a thick film stays on wooden spoon.

Beat egg whites until stiff;

Continued on page 95

Kohler endurables

There are products designed to wear out. And there are those which endure. Kohler enameled cast iron sinks endure. Beautifully.

A Kohler enameled cast iron sink remains beautiful to look at. There's good reason. Cast iron sinks have a strength, depth of color, vividness and lustre that other materials cannot match. Cannot retain.

Kohler cast iron sinks resist chipping and scratching. They will not dent. Since they're solid and heavier than steel, they dampen disposer vibration and noise. And the enamel on a Kohler sink is acid and stain resistant . . . is five times thicker than the enamel on a steel sink (and colorless stainless steel sinks don't even have enamel).

Kohler cast iron sinks come in a choice of 13 lovely kitchen colors, plus white.

Illustrated: Trieste (43" x 22") in Antique Red, and Lakefield (33" x 22") in Tiger Lily. Both have optional cutting boards. Urbanite (25" x 22") in Sunflower. Trieste in Fresh Green. Brookfield (33" x 22") in Avocado. Mayfield (24" x 21") in Harvest Gold.



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$3.95 Swinger spray-control—only $2.95

Fits most spouts—aerates, swivels, sprays and rinses.

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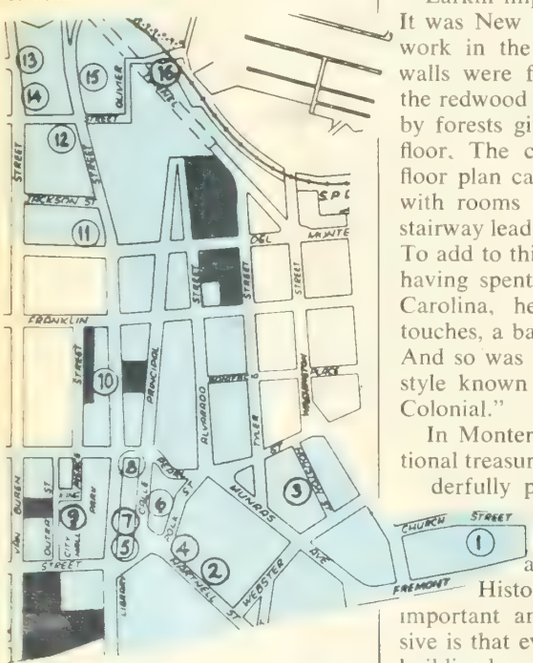
★★★★ATTRACTIONS

Restored adobes in California, a solar house in New Jersey, new museums by great architects, plus 5 supershows in museums across America

FOLLOWING THE ADOBE TRAIL THROUGH CALIFORNIA

By Dee Hardie

Born of nature, raised from the earth and baked by the sun, adobe architecture settled early and comfortably into California's brave new world. For the first pioneers it shaped their lives, their frame of living. Simple and uncluttered, thick adobe walls kept the summers cool while walled gardens and courtyards captured the winter sun.



42 Buildings on Monterey's Path of History

most of them adobes, the largest collection in America. Sixteen on map open for annual adobe tour.

Ancient history shows that the chief occupation of the Israelites during their imprisonment in Egypt was making adobe bricks from clay taken from the Nile. An old art, but new to California, adobe comes from the Arabic meaning "sun-dried brick." The Spanish, explorers, soldiers, and priests, among them the famous Padre Juniperro Serra, brought this architectural concept from Mexico to California, teaching its ways to the Indians.

Now truly native to California and the Southwest, the adobe wisely never left home. The sandy clay from this arid region makes the brick, and the brick is sun-bound, crumbling if exposed to the freezing and thaw of a Northern climate.

It was a Yankee merchant, however, who changed the face, indeed the whole shape of the original adobe house in California. In 1833 William Oliver Larkin arrived in Monterey, married a young widow he met enroute from Boston, and in three years started building the first two-story adobe dwelling in California.

Larkin improvised, he adapted. It was New England ingenuity at work in the California sun. His walls were familiar adobe brick, the redwood frame cut from nearby forests giving a strong second floor. The classic New England floor plan called for a center hall with rooms on either side and a stairway leading to the upper floor. To add to this American mélange, having spent some time in South Carolina, he included Southern touches, a balcony and a veranda. And so was born an architectural style known today as "Monterey Colonial."

In Monterey there is an exceptional treasury of old adobes, wonderfully preserved and rejuvenated, that can be seen on a route heralded as "The Path of History." What is so very important and especially impressive is that every single house and building has definite purpose. They just don't stand and wait to be admired. They are used, they serve.



Colton Hall, first important public building in California

True, they are monuments to a frontier past and heritage, but today's people are living and working in them. There are museums, yes, and private houses, too, but

Continued on page 145

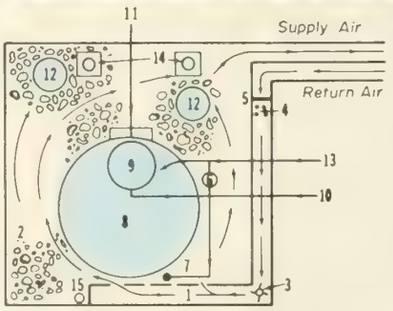
LET ALL THE SUN SHINE IN

As long as it shines on the black panels that collect solar heat along the front of Solaria, *below*, photographer Bob Homan and his family will be warm inside. To show off their solar energy, they've opened the new house in Indian Mills, N.J., for tours on the first and third Sundays of every month until December, for $1 a tourist (less for groups). Call 609-268-0045.

Plans for the house are available from the Edmund Scientific Co., 150 Edscorp Building, Barrington, N.J. 08007, for $24.95.



Architect Malcolm Wells, who used a solar system pioneered by Dr. Harry Thomason, is so sure of its efficiency that he has not installed a back-up system. When winter nights get cold enough, an oversized domestic water heater heats house air. The roof will soon hold 2 feet of soil and a wild garden to insulate house naturally. A wind generator powers pump that circulates water-stored solar heat.



1. *concrete support blocks*
2. *stones to store heat*
3. *blower for house air*
4. *A/C coil*
5. *air filter*
6. *humidifier valve*
7. *outlet for humidifier air*
8. *2,000-gallon water tank*
9. *42-gallon tank*
10. *cold water in*
11. *pre-warmed water out (to water heater)*
12. *flue pipe (water heater to chimney, winter only)*
13. *hot water return from solar collectors*
14. *auxiliary heat pipes (from hot water heater)*
15. *pump suction line*

ONCE-IN-A LIFETIME SHOW

Boston: "Paul Revere's Boston: 1735-1818," The Museum of Fine Arts, Apr. 18-Oct. 12. **New York:** "French Painting 1774-1830: The Age of Revolution," The Metropolitan Museum of Art, June 13-Sept. 7. **Washington, D.C.:** "Treasures from The Hermitage and The Russian State Museum, Leningrad," The National Gallery, July 29-mid-Sept. **San Francisco:** "Archaeological Finds of The People's Republic of China," The Asian Art Museum, June 28-Aug. 28, after which it returns to Peking. **Los Angeles:** "Gold from the Lands of the Scythians"—first tour outside Russia—Los Angeles County Museum beginning August, then The Louvre.

NEW BUILDING ART: MUSEUMS

The Robert Lehman Collection is now at home in a magnificent new glass wing at The Metropolitan Museum in New York. Designed by architects Kevin Roche and John Dinkeloo, the wing centers around a glass-domed court with ficus trees and is open every day but Monday. Seven original rooms from the Lehman house are in the new addition. **The Hirshhorn Museum and Sculpture Garden,** on the mall in Washington, D.C., is a new, masonry-faced circular building by architect Gordon Bunshaft. There is also a sculpture garden and the building is open seven days a week. **The Herbert F. Johnson Museum of Art,** at Cornell University, Ithaca, N.Y., is free, open every day but Monday. The multilevel building, by architects I.M.Pei and Partners, includes a terrace sculpture court with broad views of a valley below. **The Kimbell Museum,** in Fort Worth, Tex., is architect Louis I. Kahn's glorious breakaway from stuffy museums of the past. Ground-level vaulted galleries, with uncrowded, unobstructed displays receive diffused natural light from overhead and open to landscaped courts. Paintings and sculpture range from prehistoric times to the 20th century. The museum is free, open every day but Monday.


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Gayelord Hauser—great at eighty—talks about vitality foods

Plus some delicious easy-to-make Hauser recipes, a completely new one-day diet, and ideas for eating well inexpensively.

By Caroline Seebohm

EDITOR'S NOTE: *Anyone who still has doubts about the validity of Gayelord Hauser's principles of living happily ever after should catch a glimpse of eighty-year-old Mr. Hauser in real life. He has been a nutrition enthusiast for over fifty years, has published more books on nutrition in more languages than any other man, and the London* Sunday Times *has designated him as one of the "Makers of the Twentieth Century." We met him recently one afternoon in New York. He had been on the go since 6 o'clock that morning in a whirl of interviews and TV appearances, but from his courteous, serene, and enthusiastic presence you would have supposed he had just risen from a long rest. Moreover, he had not even had time for lunch, and while we watched, he ate a fresh fruit salad with cottage cheese and fruit juice, a situation that reminded him, he told us, of lunching once at '21' with Greta Garbo when a woman came up, pointed to his plate and shouted, "He eats! He eats!"*



Gayelord Hauser at work with the things he knows and loves best—nourishing, healthy foods.

"Who are the most beautiful women in the world? The Swedes," says Gayelord Hauser. "In Scandinavia they love milk, cheese, black breads, fresh vegetables and fruits. They are healthy, nature-loving nations. Let us hope that we shall become like them. Intelligent mothers will teach their children to live better. I always come back to the same principles—that only fresh, living food can build a living body and that this food is there to be enjoyed at times when you can relax with your family in the surroundings you love best.

"Our lives are now more stressful," Mr. Hauser explains. "We are all pushed more. The traffic is bad, things don't work, our time is often uselessly wasted. We can overcome much of that by good nourishment—because if we are well nourished, we are not so irritable. We can endure things better. It's not a fad—it's a new lifestyle."

To learn the new lifestyle, here are seven ways Gayelord Hauser recommends as a prescription for happier, more natural living.

1 Watch your blood sugar level

"We know that physical diseases are affected by nutrition, but it is now being proved that mental health is also deeply affected by it. Hypoglycaemia, or low blood sugar, for instance, is now quickly diagnosed and helped by diet. When your blood sugar drops, you begin to get tired, forgetful, anxious, and let-down feelings. (The cause is a problem metabolizing carbohydrates. Diet can help this situation. To maintain your blood sugar level between meals, use protein foods such as a handful of sunflower seeds, high-protein tablets, milk, cottage cheese, or a hard-boiled egg."

2 Eat a good breakfast

"At the moment we are upside-down people, to get up in the morning with a full day ahead and only have coffee and a donut. No wonder morning irritability and difficulties are commonplace. If you are fortified with one or two eggs, a little cheese as in Switzerland or fish as in England, some whole wheat toast, fruit, milk—this keeps your blood sugar level up and your temper down."

3 Retrain your appetite

"People are afraid of eating a big breakfast because they are afraid of overweight. Fundamentally, reducing means to find out what your body tolerates, how much you can eat to be fit, and then retain your appetite. It's much easier to do this now with fresh and natural foods—the new lifestyle. For instance, you can hardly overeat on whole wheat bread, it's so nourishing—whereas if you eat processed white bread, you can eat six slices and still feel hungry! Undercook your vegetables, choose only fresh ones, and eat fresh fruit rather than sticky desserts. This

Continued on page 28

Wheat-germ Sticks

2 cups whole-wheat flour
1¼ cups fresh milk
½ cup vegetable oil
2 cups fresh wheat germ
1 tablespoon honey
1 teaspoon vegetable salt
caraway and sesame seeds

Mix and knead all ingredients, then roll dough ¼-inch thick. Cut into sticks about ¼-inch wide and 5 inches long. Place on oiled cookie sheet. Sprinkle some of the sticks with caraway seeds and others with sesame seeds. Bake at 350° about 35 minutes, or until golden brown. Approximately 2 dozen.

Coming to terms... with cosmetic secret

Have you ever wondered about all those complicated chemical terms on the labels of cosmetics you buy? All is revealed in *A Consumer's Dictionary of Cosmetics Ingredients* (Crown, $3.95) by Ruth White. What the ingredients are, what they do, and which to avoid if you know that you have an allergy, in layman's language, too.

Mini greenhouse for better nutrition



S. KORNILOF

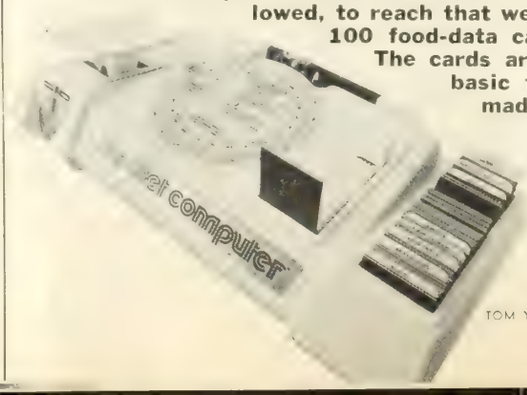
Indoor terrarium/greenhouse creates an ideal environment for germinating bean sprouts, water and mustard cresses, mung-beans as well as herbs for summer health salads. Swing-open roof for easy watering; vent latch for adjusting humidity. $35. Master Woodcraft. Bloomingdale's.

Hyperlipidemia...

It means—there's too much fat in your blood. Your diet contains three types of fats: animal (saturates), vegetable (polyunsaturates) and a fat found in olive oil (a monounsaturate). Fats and their relation to heart disease are the subject of a booklet *The Role of Fats In a Good Heart Good Health Diet* from the International Olive Oil Information Bureau. It's free. Write IOOIB, 30 East 42nd St., New York, NY 10017.

When the will power wilts... technology to the rescue

On a sliding dial indicate your present weight, activity level, and the weight you'd like to be. *Diet Computer* shows the number of calories you're allowed, to reach that weight. Then, from the 100 food-data cards, select a menu. The cards are arranged in the 4 basic food groups and are made in various thicknesses according to their calorie content. Insert the cards into the computer to see if your calorie balance is OK or overdrawn! $19.95. Vino Corp.



TOM YEE

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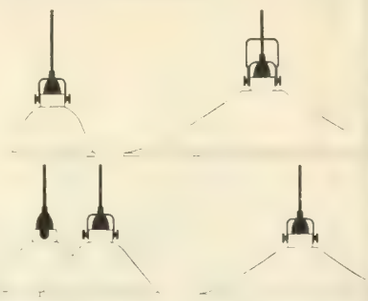
By Will Mc



ROOF WINDOWS that can be set in the sloping roofs of modern or traditional houses to open up attic or loft spaces to light and view are imports from Denmark. The pine frames are encased in aluminum lacquered gray-brown in sizes ranging from 21⅝ by 27½ inches to 52¾ by 55 inches. In two major models, these roof windows are equipped with flashings; blue exterior awnings, blue or gray interior roller blinds, or white Venetian blinds are available as accessories. Type GGL includes a ventilating flap and filter to admit air while the window is closed, hinges to hold the window open in any position and to reverse for easy cleaning from inside, double pane insulating glass, and a double action lock. Type FVA can be reversed for indoor cleaning, requires installation of two glass panes, can be held open in four positions. Velux, 26 Pickett St., Beverly, Mass. 01915.

DO-IT-YOURSELF MANUALS. *A new series of* Home Pro Guides *offers specific information on home repairs for home owners. Explaining what to do and how to do it, the guides cover subjects ranging from plumbing, electrical installations, bathroom and kitchen remodeling, brick, concrete, and stonework to reupholstering, furniture refinishing, floor and carpet installation, wallpaper, and paint. Step-by-step instruction, with detailed illustrations of the work involved are for use on the job. Published by the 3M Co., the paperbacks are available at hardware, paint, department stores and in home centers, building supply dealers, and lumberyards at $2.98.*

Storing sweaters, scarves, shirts in transparent Plexiglas boxes provides instant access. The boxes can be set in a simple shelf framework—even cookie tin sheets will do for the shelves.



HANGING LAMPS in colorful ena finishes on aluminum are in four st The two smaller lamps come in red, yel white, and black; the two larger ones in yellow, white and green. The top lamp inches high, 7 inches in diameter, at the other lamp, 5 inches high, 10 inch diameter, at $24. The larger lamps a inches high, 17½ inches in diameter, at and 23½ inches in diameter, at $79. Att ments, leads, and ceiling plates are cluded. 60-watt bulbs are maximum tage with chrome tip bulb suggested. sign Research, 53 E. Fifty-seventh St., York, N.Y. 10022.

Floor level, pull-out drawers on roller at the base of clothes closets make handy, easily reached storage for children's smaller toys.



STAPLED VINYL FLOOR. New vinyl flooring, in rolls of 6- or 12-foot widths, is stapled with a staple gun to the floor around the border of a room, and can be applied to particle board, plywood, or wood floor, but n cushioned vinyl. You can cement it to concrete, terrazzo, marble, or ceramic tile masonry that won't take staples. Cement is used where a staple gun won't reach (under cabinet overhangs) or where staples can't be concealed with a baseboard molding. Composed of a clear vinyl, foam inner cushion, special backing, it is flexible, so can be handled, cut, fitted easily, even carri and folded. If you should slightly undercut roll, the elasticity permits stretching it, and it also absorbs slack or wrinkles if you install it too loosely. It will bridge small underfloor irregularities, stay taut if sub-floor expands or contracts. Tredway in Villa Cortez (a terra cotta, gold, beige, green pattern) or Santa Flora (blue, gold, green, off-white) is in the medium price range. Armstrong Cork Co., Lancaster, Pa. 18604.

Architect Harwood Taylor removed the doors and shelves of unused pantry cupboards and applied wood strips diagonally at back and front of the cabinet frames; they form a crisscross lattice to hold wine bottles.

CORDLESS TOOL SYSTEM provides an "energy pak" handle and a recharger that accommodates seven different power tools. Instead of buying power tools of various makes and separate battery cells and chargers to operate them, this one unit will handle the following tools of the Mod-4 system: an upright grass shear, shrub trimmer, sealed beam lantern, hand grass shear, ¼-inch drill, 1-quart and 1-gallon sprayer. Each tool of the system slides into the rechargeable energy pak handle and charger. The handle unit houses four nickel cadmium cells, and the recharger, plugged into a 120-volt outlet, will recharge the energy pak in 16 hours. The energy pak with charger and one tool head ranges in price from $19.99 to $29.99; individual tool heads are from $9.99 to $19.99. Black & Decker Manufacturing Co., Towson, Md. 21204. ■





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Phone 384-4885

BERNARDSVILLE
Addalia's Flowers
27 Olcott Square (07924)
Phone 766-7070

BRICKTOWN
Alan's Flowers and Gifts
2781 Hooper Avenue (08723)
Phone 477-5050

BRIELLE
Geiges's Brielle Florist & Garden Shop
605 Higgins Avenue (08730)
Phone 528-8880

CLOSTER
The Town Flower Shoppe
534 Durie Avenue (07624)
Phone 768-1340

COLLINGSWOOD
Kenmac Flowers Inc
700 Haddon Avenue (08108)
Phone 854-6150

COLONIA
Ronald Schofield Florist, Inc.
105 Lake Avenue (07067)
Phone 388-6110

DUMONT
Jones Florist
53 Washington Avenue (07628)
Phone 385-8644

FANWOOD
Scotchwood Florist
265 South Avenue (07023)
Phone 322-4569

HALEDON
Morningside Greenhouse
West Broadway & Central Ave (07508)
Phone 274-7400

MEDFORD
Bende' Custom Floral Shop Inc
Jones Road & Old Marlton Pike (08055)
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MIDDLETOWN
Koch Florist & Gifts
1870 Highway 35 (07748)
Phone 671-0744

MONTCLAIR
Gil Whitten Fine Flowers
575 Bloomfield Avenue (07042)
Phone 744-7774

SOMERSET
Franklin Flower Shop Inc
93 Douglas Avenue (08873)
Phone 545-4234

SPRING LAKE
Barth's Blossom Boutique
New Bedford Road at State Hwy #35 (07762)
Phone 449-2311

TOMS RIVER
Skip's Toms River Florist & Gifts
1187 Washington Street (08753)
Phone 349-1092

WEST NEW YORK
Thomas Florist
6213 Bergenline Avenue (07093)
Phone 868-7757

WEST ORANGE
Crest Florist
455 Pleasant Valley Way (07052)
Phone 731-0930

WESTWOOD
Tyrells Florist & Gifts
37 Westwood Avenue (07675)
Phone 664-7133

NEW MEXICO

LAS CRUCES
Flowerland
1450 East Missouri Avenue (88001)
Phone 523-6191

NEW YORK

ARMONK
The Flower Basket
407 Main Street (10504)
Phone 273-3361

AUBURN
Cosentino Florist & Greenhouses
141 Dunning Avenue (13021)
Phone 253-5316

Shaw & Boehler Florists & Ghses.
140 Dunning Avenue (13021)
Phone 252-7231

BALDWINSVILLE
Noble's Flower Gallery
15 West Genesee Street (13027)
Phone 635-5901

BEDFORD
Pound Ridge House of Flowers
Westchester Ave Scotts Corners (10576)
Phone (914) 764-5784

BROOKLYN
Family Florist, Inc
9718 Flatlands Avenue (11236)
Phone 257-2402

Lindeman Florist
618 East 16th St (11226)
Phone 434-3300

Midtown Florist
Cor Flatbush & Fourth Aves (11217)
Phone 237-1500

BUFFALO
Eckel Florist
2371 Genesee Street (14225)
Phone 892-2371

GLEN HEAD
Glen Head Flower Shop & Ghses.
719 Glen Cove Avenue (11545)
Phone OR 1-2345

GOSHEN
Tom s Greenhouse's
123 Montgomery Street (10924)
Phone 294-5233

MANHASSET
Olive Duntley Florist
103 Plandome Road (11030)
Phone 627-1451

Town & Country Flowers
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Phone (516) 627-0026 & (212) 895-4952

MASSAPEQUA
Lakewood Florist
4143 Merrick Road (11758)
Phone 799-0894

NEW ROCHELLE
Floral Craft of Westchester
77 Quaker Ridge Road (10804)
Phone 632-7090

La Rochelle Florist
520 North Avenue
Phone 632-0001

NEW YORK
The Indoor Gardener & Flower Shop
Broadway at 93 Street (10025)
Phone 850-0712

NYACK
Vernon Church Flowers
84 North Highland Ave (10960)
Phone 358-6330

OZONE PARK
C Verdino & Son Florist & Ghses.
109-09 Rockaway Blvd (11420)
Phone 848-0830

PEARL RIVER
Schweizer Beautiful Flowers
169 North Middletown Road (10965)
Phone 735-4079

PEEKSKILL
Dean Ferris Inc
1510 Maple Avenue
Phone 737-0826

PLEASANTVILLE
The Flower Basket
399 Manville Road (10570)
Phone 769-1688

POUGHKEEPSIE
Bock Florist & Greenhouses
371 Hooker Avenue (12603)
Phone 471-2020

POUND RIDGE
Pound Ridge House of Flowers
Westchester Ave Scotts Corners (10576)
Phone (914) 764-5784

ROCHESTER
Fabulous Flowers
217 Ridge Road, West (14615)
Phone 254-8055

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2000 Ridge Road, West (14626)
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180 31 Linden Boulevard (11412)
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Moravian Florist
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Phone 351-4440

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Aunt Dottys Arbor
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Accent on Flowers
Rose Hill Shopping Center (10594)
Phone 769-3000

WEST SENECA
William s Florist & Gift House
1425 Union Road (14224)
Phone 675-7800

WILLISTON PARK
Vogue Flowers, Inc
61 Hillside Avenue (11596)
Phone 248-8545

WOODHAVEN
Buday s Flower Shop, Inc
92-14 Jamaica Avenue (11421)
Phone 849-5988

YONKERS
Blossom Flower Shop, Inc
988 Mc Lean Avenue (10704)
Phone 237-2511

OREGON

BEAVERTON
[illegible]
12010 SW Allen Avenue (97005)
Phone 644-2724

EUGENE
Flowers Unlimited
82 West Broadway (97401)
Phone 344-6244

Reed and Cross Inc
160 Oakway Road (97401)
Phone 484-1244

FLORENCE
Wilson s Florist
[illegible]
Phone 997-8226

GRESHAM
[illegible]
221 East Powell Boulevard (97030)

MILWAUKIE
Daze Strauss Flowers & Gifts
805 Main Street (97222)
Phone 659-0550

PORTLAND
Doving's Flower Shop
702 Southwest Morrison (97205)
Phone 227-2441

Flowers Tommy Luke
625 Southwest Morrison (97205)
Phone 228-3131

SALEM
Greer Bros Nursery & Florist
4712 Silverton Road, N E (97303)
Phone 364-9332

Margaret's Florist
1667 Center St Northeast (97301)
Phone 363-2190

RHODE ISLAND

CRANSTON
Park Avenue Florists & Ghses
757 Park Avenue (02910)
Phone 785-1900

EAST GREENWICH
East Greenwich Flower Shop
50 Cliff Street (02818)
Phone 884-1970

EAST PROVIDENCE
Gilmore s Flower Shop, Inc
76 Taunton Avenue (02914)
Phone 434-3667

NORTH PROVIDENCE
Brook Florist & Gifts
1883 Smith Street (02911)
Phone 231-8620

PAWTUCKET
C Imondi & Son Florists
182 Smithfield Avenue (02860)
Phone 723-2470

WARREN
Ferrazzano Flowers & Ghses., Inc.
582 Metacom Avenue (02885)
Phone 245-6120

WARWICK
Peter Pots & Warwick Greenhouse
2980 Post Road (02886)
Phone 737-9033

WASHINGTON

BREMERTON
Paul s Flowers
6th & Pacific Avenue (98310)
Phone 377-4422

ISSAQUAH
Issaquah Floral & Gift Shoppe
94 Front Street North (98027)
Phone 392-7566

PUYALLUP
Maloney's Floral Shop
703 Meridian North (98371)
Phone 845-8858

SEATTLE
Ballard Blossom Shop
2001 Northwest Market Street (98
Phone 782-4213

Gehl Flowers & Gifts
223 Southwest 152nd Street (981
Phone 242-3205

Nelsen Florists & Gifts
4458 California Avenue S W (981
Phone 932-2880

SPOKANE
Riverpark Flowers & Gifts
East 8605 Trent Avenue (99206)
Phone 926-2475

Sunset Florist & Ghses
1606 South Assembly (99204)
Phone 747-2101

VANCOUVER
Designs Delouise
9318 N E Burton Road (98662)
Phone 892-0230 892-0281

WENATCHEE
[illegible]
Phone 663-4662



Don't Let This Summer Destroy Your Complexion

Summer may be a recreation season for you, but a near-disaster for your complexion. You could end the three-month summer season looking decidedly older.

Just one summer day can be like a whirlwind tour through the climates of the world. You swim, then bake on a beach beneath a desert-like sun. You step from sun-baked sidewalks into chilly air-conditioned restaurants or stores. A sudden summer storm leaves the air steaming and humid. Your complexion is exposed with shocking suddenness to a gamut of environments.

No wonder your skin becomes dryer as the summer days pass. And the dryer your skin, the more that dryness emphasizes little lines and wrinkles. And the older you can look. But there's no need to fret. You may enjoy summer fun and still maintain your own youthful look.

Many younger-looking women, from Acapulco to Sydney, discovered a beautiful secret, a unique fluid known in the United States as Oil of Olay beauty lotion. This summer, share the secret of the lovely benefits of this world-renowned liquid that eases away wrinkle-accenting dryness. Complexion-cherishing Oil of Olay, discovered by beauty connoisseurs, softens and silkens a woman's complexion with a wealth of pure moisture, tropical moisturizing oils and other emollients.

Oil of Olay, available at drugstores, penetrates so quickly, so completely, it leaves no greasy after-feel on the skin so the dryness that can make you look older than you like is eased away. The beauty fluid helps maintain the oil-moisture balance, necessary if your complexion is to look as young as possible. The skin-loving liquid also helps keep nature's own moisture from evaporating into the summer air.



Your skin would welcome Oil of Olay whenever it feels dry or slightly tight or rough to the touch. Smooth on at bedtime so it can work its wonders during nocturnal hours. Again in the morning, as a moisty, non-greasy base that lets cosmetics stay fresh for hours.

Summer Beauty Secrets

Gently bathe away your sun-protective lotion after sunning. Pat your body not-quite-dry, then soothe your still-damp skin with Oil of Olay wherever the sun's rays have reached you.

* * *

If you wear sunglasses, your skin can seem dry where the frames touch your nose, temples and ears. More frequent use of Oil of Olay® on these sensitive spots will be welcome and helpful.

Advertisement

Vitality foods

continued from page 22

way you will retain your appetite. Then if you make a mistake, as we all do occasionally, it can be rectified by what the Russians call 'unloading.' "

4 Try a new elimination diet

"When you need a quick 'unloading' day, this diet is easy and safe for almost everyone." (But it's wise to check with your doctor first.) "It's inexpensive, too. The poorest people can do it. Have tea or coffee in the morning with fruit juice (liquid), and for lunch have two, three, or as many as you want —*boiled potatoes.* No butter with them—use a vegetable salt, or parsley and lemon, or herbs. Have a cup of tea in the afternoon if you want. And at night, have two baked potatoes, or peeled ones. Again, no butter. You'll find you'll feel so nourished and so full that you don't feel at all hungry. You won't get a headache as you do if you fast completely, and you lose a pound. You urinate well, you lose puffiness because of the potassium-rich content of potatoes, and it's easy."

5 Eat well inexpensively

"If you can't afford meat and expensive proteins, a quart of skim milk with a cup of powdered skim milk (or nonfat dry milk) gives you 60 grams of protein—the daily requirement of an average person. (Try my Hi-Vi Milk Formula: combine 1 quart fresh skim milk, 1 to 1½ cups dry skim milk, and 2 tablespoons vegetable oil. Thoroughly mix in blender or with egg beater. Use this formula not only as a beverage but also for cooking purposes and for pouring over cereals.) In the vegetable world, the one vegetable that provides you with all the necessary protein is the inexpensive soybean. Eat soybeans and you will stay healthy."

6 Enjoy your food

"This may sound simple, but so many people eat absent-mindedly or bolt their food. Eating should be a little celebration—so the digestion can go to work properly. If you choose wholesome natural foods, eat them slowly, chewing them twice as long as you now do, and thus you will feed your satisfaction center. Never eat when you are emotionally upset. Approach the table in a spirit of peace and harmony, and then the meal will replenish and nourish you without putting on weight."

7 Learn the difference between work and play

"Don't have workitis. If you take your work home with you at night it will shorten your life. Do your best during the day, leave your cares at the office, and then go home and play with your family. Fight fatigue by exercise and relaxation, and make it easier to fall asleep by taking one gram of calcium a day. Nervousness and jangled nerves, the inability to unwind, can be due to lack of calcium and B vitamins. A good, tranquilizing nightcap is 1 tablespoon powdered skim milk, 2 teaspoons molasses or honey, and 1 teaspoon brewer's yeast. Stir into a cup of warm milk and sip slowly."

What Gayelord Hauser has to teach us is now all in his *New Treasury of Secrets* (Farrar, Straus & Giroux). Mr. Hauser has been successfully teaching his three principles of nutrition, movement, and relaxation for over fifty years—what is new is that for the first time people are really becoming conscious of what they eat and how it affects the way they live.

"Nutrition is a young science," he says. "We don't know much yet. We have only discovered between fifteen and twenty vitamins, and just a few minerals. There is still something in fresh fruit that a chemist analyzing it cannot place. We must trust nature. It has kept us alive for many years, and people at last are beginning to know it.

"The time will come when you will go to a doctor and he will give you tests and weigh you and all this information will be fed into a computer and out will come how much Vitamin A you need, how much protein you need, and so on. We are all different. We look different. Our pulses are different. Our blood pressures are different. Why should we all follow the same diet? One day your diet will be adjusted for you and you alone. Meanwhile, you must learn to know what your body needs, and be your own nutritionist."

Gayelord Hauser believes also that we need repose. "Privacy and peace are the most difficult things

Continued on page 30

Introducing the paint color system that keeps you from getting a lemon.

Imagine. The first lemon-proof selection system.

Every color's arranged according to family. Blue-greens, pinks and reds, yellows, oranges and 18 others, including neutrals and soft pastels.

Meaning they're all where they ought to be at last. In easy-to-find, easy-to-compare groups instead of scattered, helter-skelter, through a thousand and one paint chips.

What's more, for once you've got a range of real choices in every family. Thirty-six of them. All the way from bright, clear colors to the deep, rich variety, both muted and otherwise.

Precisely 792 very stylish colors all told, on paint chips large enough not to leave the outcome to your imagination. Yours in an equally revolutionary paint called *Microflo*™ WALLHIDE® that really brings out the color's beauty.

So naturally, picking the right color isn't a hit-or-miss proposition anymore. It's as easy as finding your nearest Pittsburgh Paints retailer in the Yellow Pages.

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AN ORDINARY DOG IN AMERICA EATS BETTER THAN SHE DOES.

Cristina eats whatever she can find in the garbage. And that is far less than some prowling dog would find in your garbage can.

For just $12 a month, you can save such a child.

Through our Children, Inc. "Adoption" program you can help provide a child with a better diet, new clothes and medical attention. Even an education.

But there's not a moment to lose. Every 60 seconds, five or six more children will die from starvation.

Write direct to Mrs. Jeanne Clarke Wood, Children, Incorporated, Box 5381, Dept HG70, Richmond, Va. 23220.

I wish to "adopt" a boy ☐ girl ☐ in _____ (Name of Country).

I will pay $12 a month ($144 a year). Enclosed is my gift for ☐ a full year ☐ the first month. Please send me the child's name, story, address and picture.

I understand that I can correspond with my child, and continue the "adoption" longer than one year if I wish.

☐ I cannot "adopt" a child, but want to help $_____.
☐ Or, I will pledge $_____ per month.
☐ Please send me further information.
☐ If for a group, please specify _____ (Civic, Social, Business, etc.)

Name _____

Address _____

City _____ State _____ Zip _____

You can adopt a child in Korea, Vietnam, Republic of El Salvador, Ecuador, Guatemala, Lebanon, Mexico, Nicaragua, Peru, Appalachian children or American Indians.

CHILDREN, INCORPORATED

Vitality foods

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to achieve," he says. "And yet they cost nothing. You can learn serenity—just as children learn to eat from their parents. A relaxed mother and father pass it on."

We can learn, and we can pass on what we learn to our children—just as Gayelord Hauser has passed on what he has learned about a happy and healthy life. He himself summed it up best: "My philosophy is give your best and expect the best. And it works."

Golden Carrot Sherbet

1 quart fresh carrot juice
1 can (6-ounce) frozen orange juice
3 medium bananas
3 tablespoons honey

Place all ingredients in electric blender and mix until very smooth. Pour mixture into refrigerator tray and freeze. Stir several times before serving. Serves 6.

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

ESTÉE LAUDER . . . To tan or not to tan—now you have more help than ever in deciding which you'll do. Here are seven sun-skin products that range from deep bronzing to freedom from the sun altogether. New *Sun Block* is a total block—prevents tanning period. In a tinted cream to apply anywhere. 7 ounces, $5. Maximum protection for slow tanning is what *Ultra Violet Screening Cream* is for. 2 ounces, $5. Plain or tinted *Moisturizing Sun Lotion* lets you tan without drying your skin. 5 ounces, $4.50. Aerosol foam *Sun Souci* has moisturizers, too. 6 ounces, $4.50. For those who tan quite easily there's *Sun Creme* with a slight hint of color in it. 3⅜ ounces, $4. *Sun Tanning Oil* is for the serious sun lovers who need maximum lubrication. 5 ounces, $4.50. A creamy lotion to end your Sun-day, *Aprés Sun* contains aloe leaf extract—an especially soothing emollient. 5 ounces, $4.50. At Saks Fifth Avenue; I. Magnin; Neiman-Marcus.

ULTIMA II . . . Bright, clear, flower-pretty colors for your nails this summer. They're *Wild Flowers Perfect Makeup for Nails.* Two formulas work together to give a really long lasting finish to your nails: Phase I works as a base coat and primer for Phase II, which is the polish at the surface. In Wild Orchid, Pink Tulip, Real Rose, Sunflower, and Peach Blossom. $3.75. At Bergdorf Goodman; Filene's; Marshall Field; I Magnin.

SCANDIA . . . A year-round skin conditioner that's especially delightful in summer—*Artesian Snow Lotion* has a fresh, clean fragrance your whole family will enjoy. It won't interfere with your usual cologne or perfume either. Cools and soothes sun-dried skin on arms, legs, back, and face. 12 ounces, $8. At Bloomingdale's; Neiman-Marcus; Marshall Field; Joseph Magnin.

L'ORÉAL . . . It's the summer of the "curly-natural" head—one that needs little fussing when there's so much else to do. An *Extra Body Perm* is all you need to give your hair curl and body that will stay in no matter what the humidity or whatever you might do. Use big plastic rollers for body and medium or small rollers for curls—it's that simple. In two formulas for tinted or natural hair. $2.95. At drugstores everywhere.

MAX FACTOR . . . Just like the movies—A Classic is re-released! It's the original 1930 *Lip Gloss Stick,* the clear peach-tinted glosser that goes on "natural" and soothes dry lips. $1.50 in its traditional gold-toned tube. At Macy's; Carson Pirie Scott; May D&F.

GERMAINE MONTEIL . . . If you like the fresh, piquant zest of tangerines you'll love *Régime Splash* and *Régime Spray Cologne.* When it seems as if nothing could cool off a muggy day a slosh of Splash will do it. And the Spray Cologne is an airy substitute for perfume on a hot night—it's lighter. Régime Splash, 8 ounces, $7.50; Régime Spray Cologne, 2 ounces, $6.50. At Saks Fifth Avenue; Neiman Marcus.

LUBIN . . . Would you believe a recipe that contained 143 ingredients? That's what it takes to produce *L de Lubin,* a brand-new fragrance from France. It's a clear floral scent with overtones of sandalwood and oak moss that's clean—just right for day in the eau de toilette, (especially if you keep it chilled). Perfume, 1 ounce, $45; eau de toilette, 4 ounces, $13.50. At B. Altman & Co.; Marshall Field; I. Magnin; Bullock's. ■



Overdone by the sun?

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When the sun burns you up and makes you sizzle. When you're overdone by the sun, stop sunburn pain fast with Solarcaine®, America's number one relief from sunburn pain.

The exclusive Solarcaine formula stops the pain and itching of sunburned skin fast. And while it turns down the heat, it soothes and cools sunburned skin.

So next time you're overdone by the sun, get the heat off your back with Solarcaine. Solarcaine stops sunburn pain and itching fast.

Official Sun Care Products of Florida's Walt Disney World.



Solarcaine
stops sunburn pain-fast.

There's a little Eve in every woman.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Eve Filter and Menthol: 18mg. "tar," 1.3mg. nicotine av. per cigarette by FTC Method

House & Garden
July, 1975

How to give your life at home

more meaning

From answers to our January issue questionnaire:

Are you spending more time at home?
9 out of 10 H&G readers are

Are more people coming to see you?
48% of H&G readers say yes

Are you sharing expenses more equally?
54% of H&G families have 2 incomes

Are you using your skills more?
48% of H&G readers are doing more crafts

The turning inward, the focus on home that we are observing today, the new surge to make things, to get into handcrafts, to garden and provide the family with food from natural resources, to share family activities, represents an exhilarating pattern of change across the country.

"In the face of outside pressures from work, and organizations, home is the place where you can get the most satisfaction, doing something in a way that feels more personal, more real, where you can intensify personal pleasures," explains anthropologist Dr. Rayna Reiter.

Through personal involvement in home activities, doing the things that mean most to the individual, life develops more meaning. Fifty-one percent of the readers answering House & Garden's questionnaire last January (more on this pages 41, 94) chose a craftsroom or studio as the room they would most like to have. Somewhere they could be their own person and develop their own skills.

"Because there are few enduring, satisfactory ties outside the home in our mobile, technological society," Dr. Reiter points out, "the turning inward provides a release from external tensions and home appears as a great source of strength, from which we derive trust, love, sharing, reciprocity in human relationships."

Once you can prove to yourself that you can bring out your potential successfully and have your ideas and creativity reinforced within the family, predicts Dr. Reiter, you can launch out into larger issues. You can channel personal energy into community collaboration. So a larger slice of your life has more meaning.

The starting point for it all is to work with the givens. Look at what you *can* do, see how you might broaden your horizon. Accept what is there now, today; in psychological terms adjust to the positives.

This issue is full of people who developed their talents positively, to live with more meaning:

The Gutcheons, page 40, who quilt together or follow individual pursuits successfully. The Koturs, page 46, who worked four years to restore an old house. The Grausmans, page 50, who gutted a gardener's cottage (for his sculpting) and remodeled a barn (for her dancing). The Kasprzyckis, page 42, who created a house around a common interest gardening. The Schlachters, page 66, who with their architect, built a new house that is sensitive to all their individual and collective needs as a family.

Aside from these very human stories, we have ideas for summer, decorating, places to go, surprises to give your rooms, ways to start celebrating the Bicentennial, plus an up-to-date report on the big boom in cooking schools.

Whatever it is that you or your family want to do to enhance living today is possible. You have the options. It's your choice to give your life more meaning.





For a great

American summer

...making the most of a summer world at home to relax, entertain, do what means most to *you*

8 good reads: For suspense—*The Great Train Robbery* by Michael Crichton (Knopf), spell-binding 1855 crime in Victorian England. For adventure—*The Gentle Tasaday* by John Nance (Harcourt Brace Jovanovich), stone-age people meet 20th century man. For emotional thrills, *Judy* by Gerold Frank (Harper & Row), Garland—the whole turbulent, triumphant, happy shattering life. For laughs, *Without Feathers* by Woody Allen (Random House), Woody at his best, you'll laugh out loud. For excitement, *Among The Elephants* by Iain and Oria Douglas-Hamilton (Viking), a zoologist and his photographer wife reveal hidden life of the biggest land animal in the world. For high drama, *Edward VIII* by Frances Donaldson (Lippincott) surprising truths behind the myths, a warts-and-all biography. For kicks, *Money Is Love* by Richard Condon (Dial), a witty satirical novel on a subject that we could all use some more wit and satire about. And finally, if you're still casting about for ways to give your life at home more meaning, read *Your Pet's Secret Language* by Jhan Robbins (Wyden) and start a conversation with your cat or dog or bird—you'll be amazed at what they can tell you!

12 plants to plant for nighttime fragrance on your porch or terrace:

- **auratum lily**
- **heliotrope**
- **honeysuckle**
- **jasmine**
- **lavender**
- **nicotiana**
- **phlox**
- **rosemary**
- **stock**
- **sweet alyssum**
- **sweet olive**
- **tuberose**

Comfortable porch—best summer living

"This porch means summer to us. It's a gathering place for us and our children and friends. We read the morning paper here, have a tray lunch, do needlepoint, share a drink before dinner. It is cool on hot days, pleasant even when it rains. It's our summer living room." The Richard V. Hares' porch is a semicircle shaded by magnolia and wisteria. It catches Long Island breezes from the east, south, and west. The upholstered wicker furniture has summered here eleven years, protected by plastic slipcovers popped on at bedtime. At the edge of the porch is a wall of flowers—hanging baskets of angel-wing and tuberous begonias, tubs of fuchsias and scented geraniums, impatiens in curved narrow planters. Just beyond the porch is a green wall of arborvitae and rhododendrons. More on the arborvitae in Gardener's Notes, page 140.

MARINA SCHINZ

For a great American summer

...wonderful new things to see and experience, ways to start celebrating America's Bicentennial.

Exciting new water garden

Downtown in a sun-baked Texas city you are surprised by sloping shelves of cool shallow water, an upside down pyramid, a four-and-a-half block water garden with three areas to explore. Right: You walk down slab steps as city sounds fade in the rush of water. A slanting waterfall rises above you, swirls past under your feet to a place where narrow lighted waterfalls plunge into a roiling pool.

A sheet of water in another garden is so very still a leaf can startle it. It is surrounded by high walls that are veiled in falling water and have the sound of rain.

Tiny clustered fountains to the south spray like fireworks, flowers, comets, a hallelujah of jets and rainbows waking up the sky—water celebrating itself.

This extraordinary Fort Worth Water Garden, topographical sculpture, call it what you will but *experience* it, was designed by architects Philip Johnson and John Burgee and is a gift to the city from the Amon G. Carter Foundation. It is between Commerce and Houston Streets, near the Convention Center, and open free all year, until 10 on summer nights. Sometimes there are formal concerts.

From a garden to a city dream—the magical I.D.S. Center, occupying a whole city block in Minneapolis, also designed by Philip Johnson and John Burgee—a glass-roofed galleria of shops, bank, restaurants, fountains around a central plaza or "Crystal Court," immune to weather all year.

In Philadelphia's Society Hill, between the Delaware River and Independence Hall, discover a feast of restored Colonial houses and gardens. The Powel, Hill-Keith-Physick-Dolley Todd Madison, Bishop White, "Man Full of Trouble Tavern" are all open as museums. So are the refurbished Independence Hall, Carpenter's Hall, 1761 St. Peter's Hall. Also public market, restaurant, shops.



Ideas and surprises

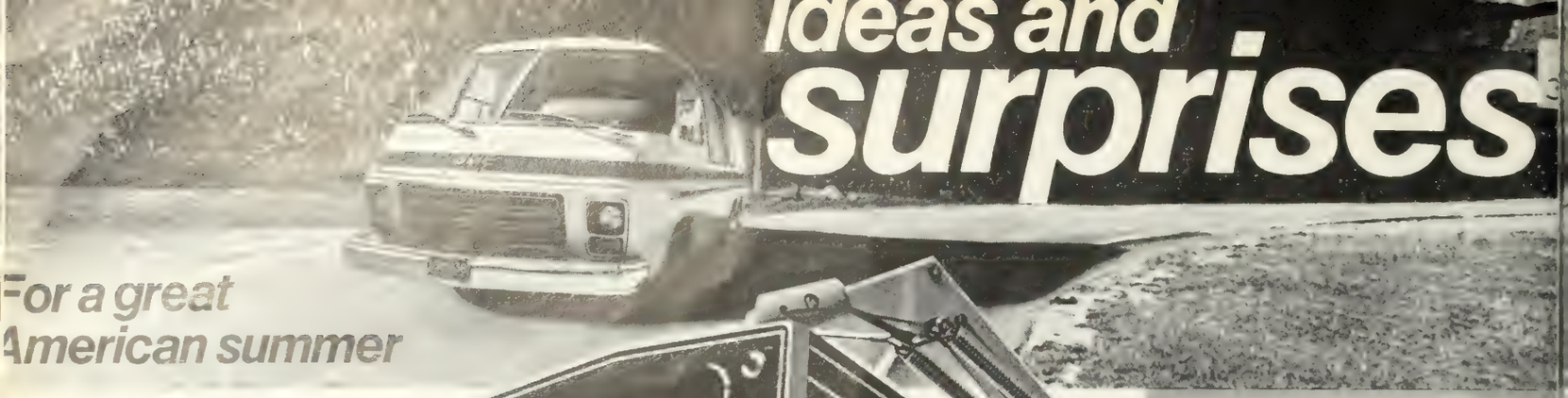
For a great American summer

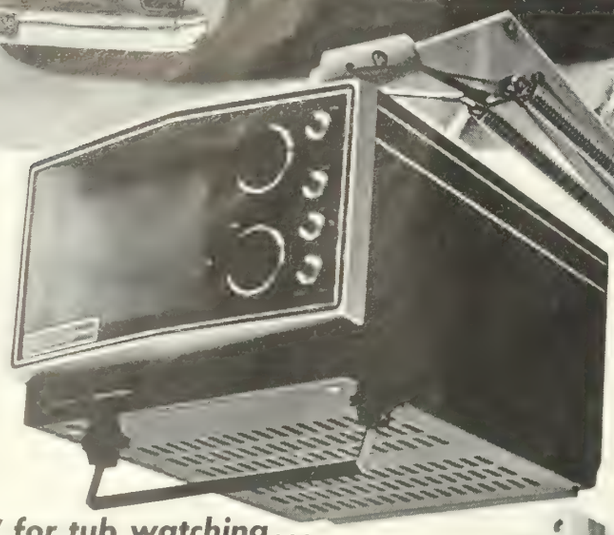
...things to excite, amuse, and delight you and your family and friends

New projects for dedicated needle people: Michele Weal's Texture and Color in Needlepoint (Harper & Row) is a gold mine of designs to be worked on small canvases.

Fun-to-give books for summer weekends—a fascinating flavor of nostalgia: *Dick's Encyclopedia of Practical Receipts and Processes* (Funk & Wagnall)—or How They Did It In The 1870s—hair curling to egg preserving: the *Vogue Foster Book* (Harmony Books)—21 covers from 1911-27 when all the world was fun: *Traditional English Country Crafts and How to Enjoy Them Today* (Pantheon)—guide to such things as animal tracks, paper making: Phyllis Fiarotta's *Nostalgia Crafts Book* (Workman)—over 200 crafts from long ago: and Weldon and Company's *Victorian Crochet* (Dover)—a treasure-trove of ideas.

Wine and song in California this summer—spend a musical evening outdoors between now and the end of August at one of the concert-giving wineries: Charles Krug, Concannon, Robert Mondavi, Paul Masson, Sonoma, and Winemasters' Guild. Or a Napa Valley wine-tasting weekend with tours, six tasting seminars $55 per person, August 8-10, 15-17, 22-24. Reserve through Napa Valley Wine Library Assoc., c/o James E. Beard, P.O.B. 16, St. Helena, Cal. 94574.





TV for tub watching...

. . . or bed viewing—or to keep the cook amused. Wall-mounted, shockproof, swiveling 6-inch color set by Sony. At Hammacher Schlemmer.



Latticed hideaway

Sensational sofa-bed, designed by Lella and Massimo Vignelli, built of polished wood slats, crammed with Thai silk cushions. Due in the stores shortly.

At home on the highway

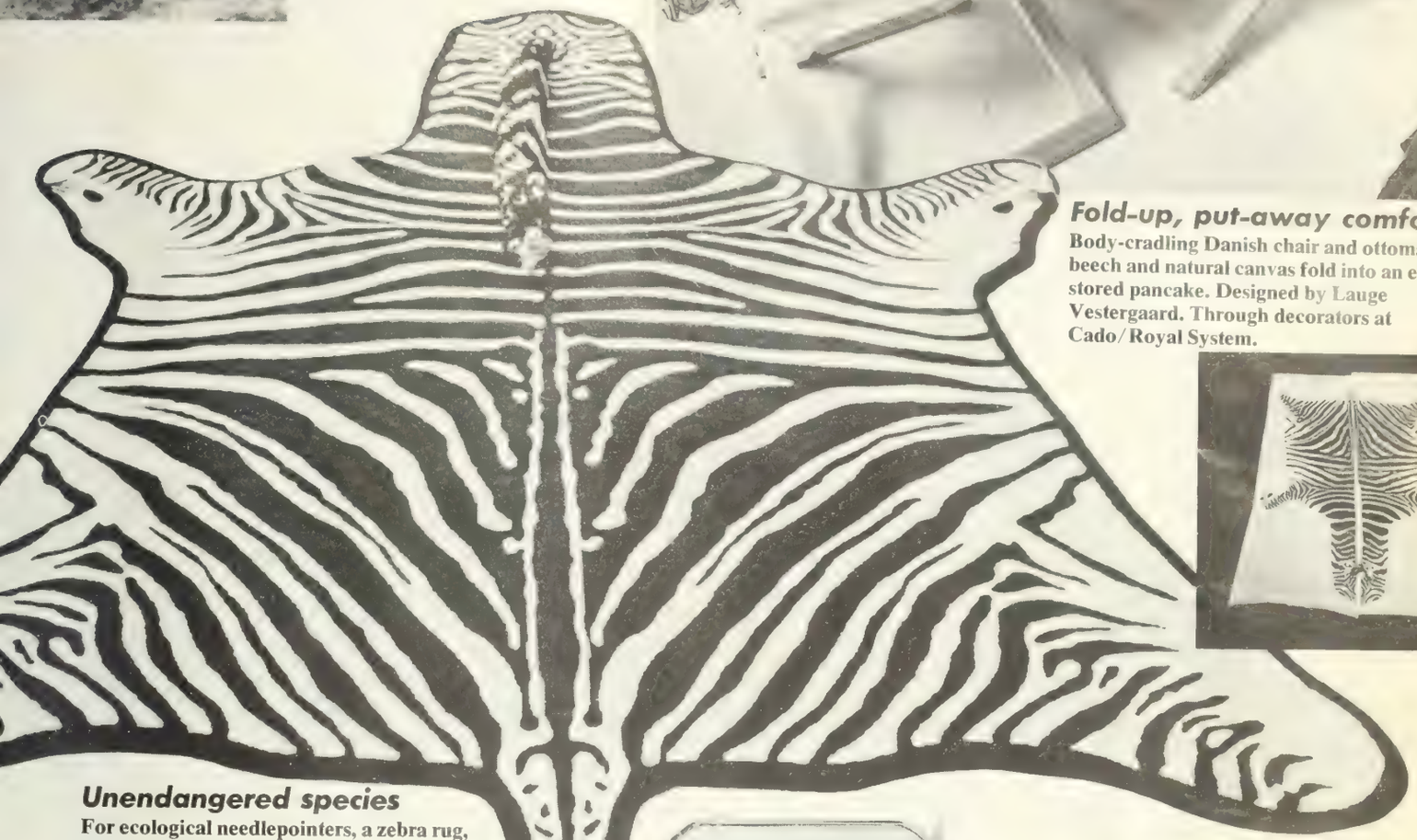
A plush environment known as the Luxury Motor Home, a name it lives up to with a bath, a kitchen, dining and lounge space, sleeping facilities for six, good storage. By General Motors.





Fold-up, put-away comfort

Body-cradling Danish chair and ottoman of beech and natural canvas fold into an easily stored pancake. Designed by Lauge Vestergaard. Through decorators at Cado/Royal System.





Unendangered species

For ecological needlepointers, a zebra rug, and a whopper, 6 by 11 feet. Draw the pattern freehand (copy this one) or trace it from a blown-up photograph on two lengths of canvas. Then splice your zebra together.

e ultimate bed, indoors or out

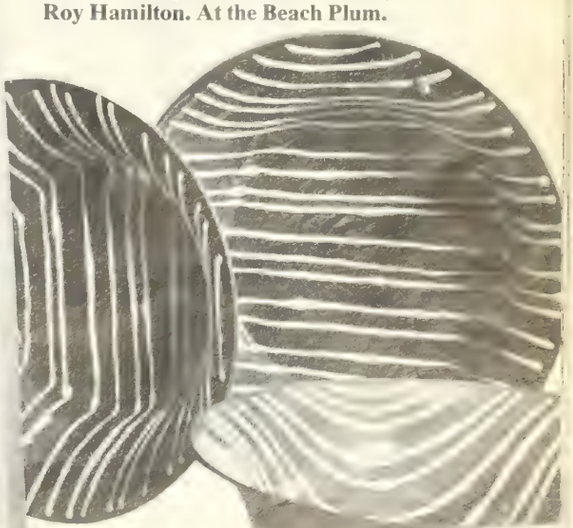
-lacquered topless box cushioned in red and white es. 8 feet square—plenty of room for two. Designed nland by Ahti Taskinen. Available in America soon.





For ceramic collectors

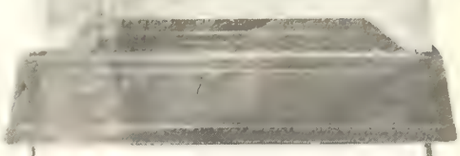
Superb nest of bowls, earth brown, striped in creamy white. Dramatic on any table, handsome filled with summer fruits or flowers. Designed and handmade by Roy Hamilton. At the Beach Plum.



Shower anywhere...

... even in the garden. Indoors, it requires proper pipes and a drain; outdoors, just hitch it to the garden hose. Of steel and plastic, made in Sweden by Anderstorps. At Seabon.

For shopping information, see page 98



CHARD DAVIS
VID MASSEY
M YEE
SAN WOOD
NESTO COSTA





Ideas to help you
live with more meaning

your Answers to our Questions

The following twenty pages draw their inspiration from the thousands of thoughtful, concerned answers we received to our questionnaire "How liberated is your household?" You will find some ideas to help you free up your time and your house for what means most to you, and you will meet some families who have worked out their own imaginative ways of doing it.

NO. 1 FAVORITE ACTIVITY *Crafts*

Q. WHAT ARE YOU DOING AT HOME NOW THAT YOU WEREN'T DOING A COUPLE OF YEARS AGO?

A. "More crafts! And we're organizing our rooms around them"

Jeffrey and Beth Gutcheon share the delights of sewin their own quilt designs. Architect-engineer Jeffrey plo out the patterns, writer Beth cuts and pieces them t gether on the quilting frame. Beth, who also teaches quil ing, is the author of *The Perfect Patchwork Primer,* (Pe guin, $3.95), with illustrations by her husband. The Gu cheons live in one large space with areas geared to wo and living. There are spaces for shared enthusiasms an places for separate pursuits, such as Jeffrey's composi and recording and Beth's writing. There is a platform f music at one end of the living room and, elsewhere, sleeping balcony, partitions for carpentry, cooking, se ing, dining, as well as separate space for their small so

In the living room, left, bright space alive with the color and geometric pattern of quilts. Making the frame a permanent fixture in their big living area leaves them much more time for quilting—which they can pick up whenever there's a minute to spare.



Q. WHO TAKES CARE OF THE GARDEN AT YOUR HOUSE?

A. "We both garden! It's our way of life indoors and out"

A young California couple lives among the growing things they love in a cedar-shingled house they've made into a bower of flowers, vines, and ferns, and they paint plants for a living. Sandi Tommela, designer for Denby Limoges china, works in her home studio, *left*. (One of her china patterns is the popular zinnia "Contrariwise" design of her coffeepot.) Her husband, Jan Kasprzycki, also works at home, painted the "Wild Hawaiian Ginger" above their flowery bed, *right*. Together they care for their 8-year-old daughter, Lisa, show their floral paintings at their new art gallery in Laguna, and tend their hillside garden overlooking the Pacific. Every room in the house, which they remodeled with architect Paul Johansson, is an indoor garden of pot plants paint-box fresh.

Above: At the front of the ho
an olive tree and slope of bab
tears (Helxine) banked by po
daffodils, pansies, primulas, f
Right: Flowery meadow of a
with Nettle Creek chintz spre
crewel and needlepoint flowe
pillows. Specially designed re
wood table, 2-feet deep and
width and level of bed, lifts li
headboard of kentia palms,
schefflera, ranunculus, daisie

NO. 2 FAVORITE ACTIVITY

Gardening



NO. 3 FAVORITE ACTIVITY

Cooking

Q. WHO DOES THE COOKING AT YOUR HOUSE?

A. "We all do! And we're enjoying it so much we're going to cooking classes"

There's a cooking boom across the country; men, women, and children are taking up the whisk, and to help them there are great cooks teaching in a mushrooming roster of cooking schools from coast to coast. In New York alone the number of schools has quadrupled in the past six years. Courses in canning, pastry or bread making, Chinese and all the international cuisines take place anywhere from the cook's own kitchen to a highly organized cooking school like James Beard's in New York. Here we bring lessons from three schools across the country and our pick of the list of America's good cooking schools.

House & Garden's pick of cooking schools across America

CALIFORNIA

Philip Brown
c/o Foundation, California State University, 5151 State University Drive, Los Angeles, Cal. 90032.
French and international cuisines, wine tasting. No definite schedule.

Gourmet School of Cooking
Bruce Timson, 12109 Hoffman St., Studio City, Cal. 91604.
International cuisine. Year round.

Lawry's Food, Inc.
568 San Fernando Rd., Los Angeles, Cal. 90065.
International cuisines. Year round.

Rita Leinwand
c/o U.C.L.A. Extension, Administration Building, 10995 Le Conte Ave., Los Angeles, Cal. 90024.
International and French Cuisine. Fall semester.

Loni Kuhn's Cooks Tour
91 Commonwealth Ave., San Francisco, Cal. 94118.
Monthly newsletter recipes and methods on international and French cuisine.

Continued on page 82

"When children start cooking they become more interested in experimenting with new foods," says Felipe Rojas-Lombardi who teaches seven to twelve year olds at the Little Red School House in New York. Not that these children have to be coaxed to munch the breads they make in the popular baking class that includes sausage bread and a braided buttermilk bread. While they knead away, Mr. Rojas-Lombardi, author of the A to Z No Cook Cook Book, chats advice.

"I started teaching to get ideas for my books," says Texas's great cook Helen Corbitt, who dedicated her last book Helen Corbitt Cooks for Company to her classes (separate ones for men and women). Each month the men, a spirited group of doctors, lawyers, stockbrokers, architects, and jet pilots, gather to learn a whole menu; for this class crown roast of pork, corn oysters, and a marvelous Cheddar cheese apple pie (these and other recipes on page 81). Students are expected to try the dinner themselves within a week and report back any hitches. Twice a year they throw a party themselves, invite their wives, and expect some succinct criticism from their teacher. These classes are by invitation only, however Miss Corbitt gives many classes for charity across the country (St. Louis, Atlanta, Fort Worth, Houston).

In a pretty apartment in San Francisco Emalee Chapman teaches small classes of 4-6 students (larger classes take place at the Forrest Jones Kitchen Shop). Students help prepare a complete meal, usually Italian and Piedmontese or Florentine in flavor; they also pick up great tips on where to shop for the freshest most inexpensive food, how to bone a breast of veal, decorate desserts with aplomb. Everyone then sits down to lunch in a tiny garden or beside a roaring fire.



Children in New Yo


Women in San Francisco
Men in Dallas

Q & A

WHO DOES WHAT IN YOUR HOUSEHOLD?

"We make decisions together and together, we transformed an old inn into a weekend house"

Sheila and Robert Kotur scraped paint, stained floors, and stenciled walls to share in the restoration of their house

The success of the Robert Koturs' partnership (she is Sheila Camera the artist and designer, he is a market research executive) and their marvelous restoration of an 18th-century New England country inn into a weekend and vacation house, has its origin in agreement. Whether it's a matter of stripping paint off a wall or taking the children to school, they make the decision together. This kind of attitude, the drawing of double energy to any situation enables them to see through projects that might deter others. The rescuing of their house, for instance, turned out to be a four-year operation. "It was very neglected, hadn't been lived in for five years and was empty during the Depression. While the main structure was sound," explained Robert, "some floors were rotting, inside walls, doors and moldings were layered with paint. It had gone through a forties modernization and most of the old character had been lost." They plunged into repair work themselves, using a local contractor for major jobs like plumbing, kitchen and bathroom installation, and rewiring. "People just couldn't see its potential," said Sheila. "We turned it from a two-bedroom into a four-bedroom house by breaking through into a storage space over the porch—this became a bedroom for our two daughters—and opening up the third-floor attic. We created a whole new outdoor room where the old porch had been, replacing the wooden floor with a brick terrace. Now this is where we spend most of our time in the summer." Most important was their wish to put back a graceful elegant quality into an old house steeped in history. As a coaching inn originally, it had been a stopover on the Hartford to Albany pike. They inherited a modern oak floor in the living room, once the taproom. "We wanted to make it look more like what it should have been—wide boards. So we sanded it down and leaving three boards natural, stained every next three boards ebony, and so on all the way across." Then came the fun of furnishing, going to auctions, galleries, country fairs, buying a few treasures—like the English 18th-century black leather screen in the living room—finding and refurbishing old pieces themselves. Some chairs even came from a furniture sale on board a cruise ship. Sheila did the shopping and found a fascinating new interest in 18th-century decoration in the process.



JED HARDIN



He worked on the outside, pruned trees, planted the garden, did all the heavy jobs, like sanding floors



She centered small needlepoint pieces in large pillows, made chintz table skirt



They stripped old mantel, highlighting carved details with ivory paint on white

BEADLE



The house, 3, has a feeling of nature all through, to stress the romantic 18th century. No curtains to interrupt outdoor scenes. In the living room, 1 and 2, nearly everything is white. "It would have been easy to have a dark room, so much 18th-century furniture is dark wood, but I didn't want that," said Sheila. Hunting for white painted antiques she found three interesting chairs, one a signed Philadelphia piece, now grouped around the card table. At the fireplace, 2, the dogs and plates on the mantel are Staffordshire. Doorway behind the screen leads to brick terrace, 8. White trellis was there before, pieces numbered, taken down, and reassembled after new paving was laid. In this joint family effort, Robert prunes apple trees, 4, Sheila stencils walls, 5, father and daughter work on upstairs attic floor, 6. Mother and both daughters pick meadow flowers, 7, for wonderful indoor bouquets.











She cleaned up antique black leather screen, uncovered brig Chinese bird design

They stripped and stained modern oak flo in a natural and ebony stripe

She washed antique needle point rugs and made pieces in new pillows

"It was fun peeling away 200 years and taking the house back almost to its original state"

In their efforts to restore authentic character to the house, the Koturs talked to neighborhood people who remembered what the place had looked like fifty and sixty years ago, particularly members of the Curtiss family. "It had been a Curtiss inn, they were some of the earliest settlers in New England. We found out that what is now our bedroom was once a ballroom, and a Curtiss recalled seeing a motif over the fireplace. We got the paint remover out and took eight layers of paint away. The first thing we uncovered was a big red stenciled flower. It was so exciting I could hardly believe it," Sheila said. After reading books on historical decoration, visiting other houses with stenciled walls, and studying old colors, she decided to repaint the faded patterns herself (Robert made tracings of each design for her). Another job for him was knocking down the plasterboard ceiling in the library/dining room to expose great old beams. On the outside of the house, both scraped paint off marble steps and window decorations, returning the stone to its natural beauty. Both put individual creativity into particular aspects of the project . . . Robert gardening, Sheila needleworking all the pillows, bed curtains, tableskirts, needlepointing little cushions, making the appliquéd bed quilt. Their renovation schedule was systematic and effective and went like this: The first year, after painting the upstairs white, they lived in the two bedrooms, making the master room double as a living room. This allowed them to have major work done freely, remove an old bathroom, pull out the kitchen, put in a new one, fix

"We uncovered red stenciled flowers—it was so exciting we couldn't believe it"



up the study and living room. When downstairs was completed, they started furnishing. The study was finished first and served as a living room until the big living room was completed. The second year was spent on finishing and furnishing upstairs, making the girls' room. Then came the master bedroom stenciling. The third year was devoted to the outside and the garden, plus a start on the attic, which is still in the process of being converted to guest wing. Whatever they are involved with, their two daughters, Fiona and Alexandra join in. "We believe children should take part and help in work," added Robert. "We like to share and do everything together as a family whenever we can. We all enjoy it."



1



2



3

Far left, and on our cover: Tea on the terrac Sheila made the gingham tablecloth fro sheeting, the green plates are Wedgwood. In master bedroom, stenciled walls, the pla rack put back. Lowestoft china tea set on belonged to Sheila's mother. White painte antique chairs found in auction. 2. Robert vegetable garden—sixteen railroad ti placed in a square, filled with topsoil. 3. Bric butcher-block, and terra-cotta tile for t modern country kitchen. 4. Handwork the walls, the quilt, done by Sheila. 5. Ca opied bed, curtains are white linen lined wi cream chintz. Rug is Chinese. 6. Study is al a dining room, winter sitting room. 7. Gir room, nosegays on walls, pillows, quil

BRADLE

They draped curtains on to bedframe, secured fabri with staple g

She painted over faded stencils to brighten original early 19th-century work of Moses Eaton



4

TED HARDIN

5

7



6

He broke through plasterboard ceiling to expose study beams

They stripped wood mantel, doors, windows

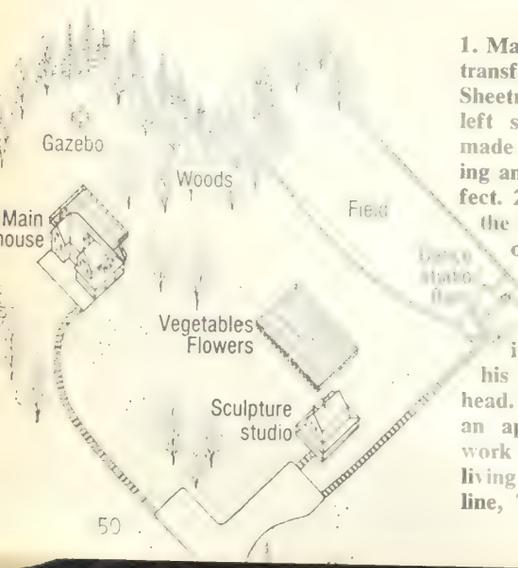
They converte storage space to girls' bedroom. Sis sewed flower pillows, quilts tableskirt

Q. ARE THERE ROOMS IN YOUR HOUSE THAT SEEM TO BELONG TO ONE MORE THAN THE OTHER?

A. "Yes, we remodeled a gardener's cottage and a barn so now we each have our own studio"

Philip and Martha Grausman created separate work places near the house they remodeled and enjoy together

He's a sculptor, she's a dancer—two full-time careers—and both work at home. A six-year-old son completes the family. These are the Grausmans, who moved out of New York on *her* impulse soon after their son, David, was born. The house they found is an 1882 gabled New England house with a gardener's cottage and a barn, situated on a hill, with a stream and a river nearby. They spent two and a half years remodeling—doing the work themselves with the help of friends and local contractors. Much of the house was gutted—they removed a porch, for instance, to give more light in the dark downstairs rooms (her idea) and a floor upstairs to make use of attic space and reveal pretty latticed windows, 7 (his idea). They seeded over the driveway so now you walk up to the house instead of driving (her idea). But the most important remodeling involved their work. Philip took the gardener's cottage, removed most of the upper floor and put in skylights, 5. He kept the old stairs up to a small room where he draws. It has perfect light. "I can watch it change throughout the year." For Martha Clarke, his dancer wife, he transformed the barn/hayloft into a dance studio. He restructured the upper floor to make it stable. He put white painted Sheetrock in the roof with the original wood and added skylights. The most dramatic part of the story, though, is that when he built it she had not been dancing for five years. "I knew she would go back to it," he says. "I didn't," she confesses, "but when I saw the studio I knew I must." Martha is now choreographer and dancer with an international group, Pilobolus, and just received a Guggenheim Grant—a personal triumph.



Plan of the Grausman property, showing the house in relation to the studios and vegetable garden. By the sculpture studio is a parking area.







1. Martha Clarke's dance studio—a transformed hayloft, with a roof of Sheetrock and original wood. On the left side, skylights were inserted made of plastic instead of glass, giving an opaque, almost Japanese effect. 2. The two studios seen from the house—his on the right, hers on the left. A Grausman bronze and stone katydid in the foreground. 3. The main house with his sculpture blending into the landscape. 4. Philip in his studio, sculpting his wife's head. 5. The sculptor at work with an apprentice. 6. The dancer at work with a co-dancer. 7. Upstairs living room, showing gabled roof line, Turkish rugs, wicker lounge.

BEADLE







7

Interesting angles—in his studio, made by th attic shape of the former upstairs bedroom before the floor was removed; in her studio, by the hayloft roof—and whi crossbars, added later to stabilize the roof. The big mirror reflect this crisscross behind the dancers at work.

His collection of insects—a constant feature of his work

Her giraffe—from a carrousel

His Chinese scroll, inherited from a grandfather

A wonderful Victorian stove he found—which works

"The right house is like the right clothing—it fits comfortably"

The Grausmans' separate careers are inextricably entwined with their life together. It shows in the way they run their household. Being close to nature is essential to both of them. They grow things in the garden, constantly improvising and changing. **2.** The house inside is all white, with lots of windows and plants—almost like a greenhouse. They share the cooking. There is music all over the house for both of them—and for David, who goes on tour with his mother and works in the studio with his father. They share household expenses—even share the desk, **5.** They have part-time help, which Martha Grausman pays for—"because it is work that otherwise I would have to do." Most important of all, they are deeply involved in each other's work. He looks at her dance movements and sees a "great sculptural line, a wonderful new construction." She observes his studies of nature, his "germinating forms" in bronze and marble, and they become part of her choreographic art. They are both fascinated by movement—and the house reflects their interest. On the walls above the dining table, for instance, **1,** is a changing exhibit of their work—sculptural shapes, choreographed forms, the two of them at work. In summer, the deck, **6,** the biggest space they have to entertain in, is full of her dancers and his artists, who meet after working in the studios. "We've always enjoyed the same people—our work creates richness." Philip designed the deck himself with an architect friend's help, and built it with two young carpenters. The Grausmans do not belittle the hard slog and sometimes pain it took to work on the house. "You've heard of people remodeling houses and then getting a divorce?" laughs Martha Clarke. "We really bubbled out of the ashes of this place." Philip agrees. "The experience of the house was sometimes a nightmare, but now it's beyond dreams." "We both work very much from nature, so this place is inspiration," Martha says. "I get very homesick for this house when I'm on tour. The right house is like the right clothing—it fits comfortably."

"Our visual world is part of our careers—and our lives"











1. The dining area with new windows installed for light and the view. Victorian table and Windsor chairs. 2. The flower and vegetable garden with dance studio behind. 3. Downstairs living room with Grausman hammered-copper grasshopper, Bernard Chaet painting. 4. The living room fireplace, with Victorian mantel removed and added level of painted brick to put treasures on—pre-Columbian, African, and Early American. 5. Desk/TV area of upstairs living room—desk specially designed with Formica top by Philip Grausman to fit the space over the radiator. 6. Deck—large space for entertaining, white wicker furniture, Grausman grasshopper in bronze and brass. 7 and 9. Summer buffet with famous Grausman iced tea. 8. Original kitchen, painted white, with her basket and plate collection, brought home from her travels.

Transplanted wild laurel grows in a special planti area set into the deck



She loves salads, so he grows them for her. They share all the cooking





Buffet table designed by Philip and friends with leftover deck planks aligned diagonally to match the deck

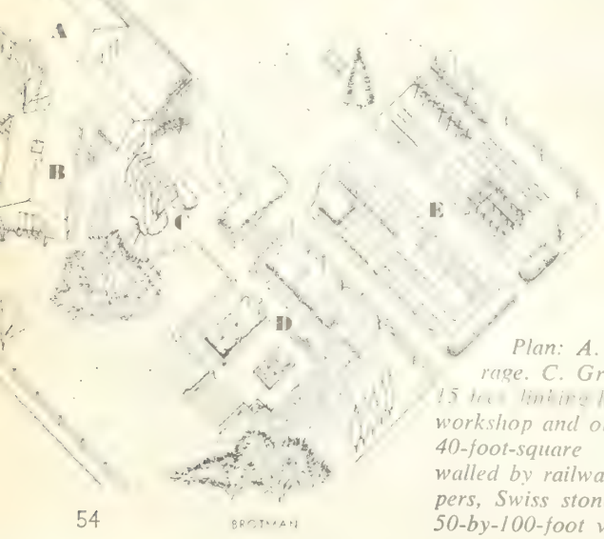
Q. HOW DO YOU ALLOT YOUR FREE TIME?

A. "We love gardening, and working together doubles the satisfaction"

Betsy McBratney grows flowers, Greer McBratney grows vegetables, they share the relaxation and the happy results

They garden in spare hours and "the children help, too, when they are home," says Mrs. Greer McBratney. This couple shares a big garden, an active community life, and an interest in boating with their five children now eighteen to twenty-four. Dr. McBratney "never has a full day home but takes time when he can for his vegetable garden. At harvest time I help cook, peddle, call friends." The children participate in "Sunday work detail." The flower garden is her bailiwick. "Make the garden truly yours," challenged nurseryman Allen Haskell, who excavated, laid out paths and beds, but left the choice of plants to her. (More on him in Gardener's Notes, page 140.) Like sunny summer days, her flower beds brim with hues of yellow sun and blue sky. Among the yellow to orange to bronze perennials: achillea, butterfly weed, daylily, gaillardia, oenothera, Oriental poppy, potentilla fruticosa, rudbeckia, sedum Indian Chief, senecio Desdemona, Shasta daisy, trollius. The lavender-blue perennials include: anchusa, aster Frikartii, bachelor's button, iris, lavender, plumbago larpentiae, polemonium, stokesia, verbena venosa. Annuals add their spark: African daisies, ageratum, cacalia plumosa, cosmos, gazania, heliotrope, lantana, nicotiana, and marigolds.

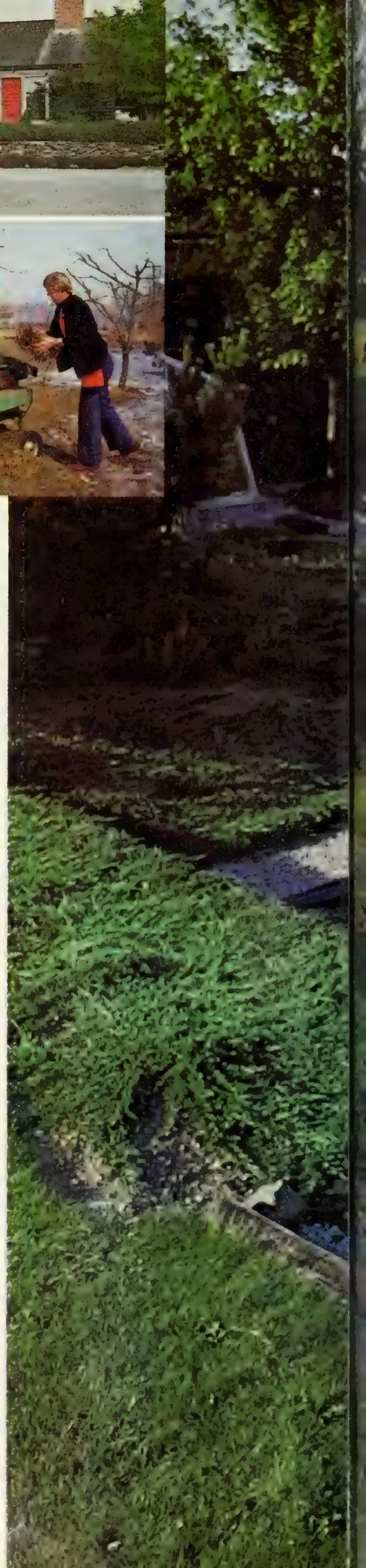
1. View of greenhouse, flower and vegetable gardens, sailboats on the horizon. 2. Dr. and Mrs. McBratney share spring clean-up. Debris goes through a Kemp shredder onto a plastic sheet emptied into a lath-enclosed compost area. 3. The McBratneys' house has one floor in front, two in back, overlooking Buzzard's Bay in Massachusetts. 4. A Lord & Burnham aluminum greenhouse was added seven years ago.



Plan: A. House. B. Garage. C. Greenhouse, 9-by-15 feet, linking basement garden workshop and outdoors. D. Her 40-foot-square flower garden walled by railway ties, low junipers, Swiss stone pines. E. His 50-by-100-foot vegetable garden fenced by espaliered fruit trees.







Flower garden, right, sunken as protection from sea winds, sheltered on the southwest by pines. This garden was leveled down to hardpan by a bulldozer. Each small bed was raised and framed with railway ties and filled with a fresh start of loam, peatmoss, bonemeal, other nutrients.

For low maintenance, low ground covers and flowers that never need staking

Flat juniper (J. procumbens nana) makes a soft mat for a big stone rabbit

Greenhouse gives seeds an early start, provides flowers for the house all winter



"With our greenhouse and garden workshop we can garden all year"

"We do things from start to finish here," Dr. McBratney says. They grow vegetables, flowers, herbs, berries and fruit—from seeds or cuttings. They harvest their crops for the table and to keep for winter. The vegetable garden was plowed first by a farmer, is now rotary-tilled every spring and fall. Some favorite crops are kohlrabi ("so good raw it rarely makes the pot"), Ruby lettuce ("good and makes a good border"), Green Mountain potatoes, and Ebenezer onions ("a good keeper"). Among the fruits they grow are peaches, plums, pears, grapes, blackberries, apples.

"It never seems like work when you garden together and do a little bit all the time"

Many crops are stored on shelves or in a second refrigerator and freezer in the garden workshop. To start seeds the McBratneys use a sterile soiless mix. They enclose flats in plastic bags and set them to germinate in a six-tiered metal shelf in the warm 75-80 degree furnace room adjoining the workshop. They later put them under fluorescent lights or in the greenhouse. They set them outside on sunny days to harden off before planting. All plants are fed Rapid-Gro and sometimes fish emulsion. On hand for outdoor pest problems are supplies such as Isotox systemic, Bug-geta, Diazinon, Dipel, Malathion, and a favorite source, Cynthia Westcott's *The Gardener's Bug Book*. Other workshop aids: plenty of shelf space for garden gear and catalogues, a bulletin board for handy reminders, storage bins on wheels.

1. From the deck, the triumph of Dr. McBratney's vegetable garden in late summer. Homegrown salad is served after chowder with bread, cheese, pears. 2. Dr. McBratney, a full-time surgeon, is a deft part-time pruner. 3. In the greenhouse, Mrs. McBratney uses a hose and wand attachment for flowers. 4. Spring rite: working together to start flowers and vegetables from seed. 5. Lights on adjustable chains provide artificial sunshine for seedling growth. 6. A great garden workshop for all seasons. 7. Wide counter and sink for washing pots and produce. 8. Daughter Ann's pumpkin pies from father's homegrown pumpkins.





BEADLE





An inclined trellis for cucumbers and a tepee trellis for tomatoes are both made of saplings braced and bound with garden twine. They keep crops off the ground, open to every ripening ray of sun, handy to tend or pick. The cucumber frame is 8-feet square, up 1 foot. The tepees have slanting 5½ foot poles about 2-inches thick. Inch-thick ridge poles and horizontal side poles are of varying lengths. Easily dismantled and stored at season's end, the trellises last three years or more. Young McBratneys go on "sapling discovery missions" in the woods. Dr. McBratney adapted these ideas from techniques noticed on trips as a volunteer physician in Haiti, Vietnam, and on the Ship Hope.











Fluorescents on adjustable chains

Plastic trash cans on wheel for soil mixes to slide under workshop counter

Movable wall of rolling garage doors to open in summer. Shad spot under deck for greenhouse plants on holiday and fo sorting harvest

Supplies at easy reach on nails in red-painted exterior plywood





WHO'S WHO AND WHAT'S WHAT AT HOME NOW

Couples

Is too much togetherness good for you?

By Caroline Seebohm

Cou•ple, *n.*, two persons of opposite sex considered together, as a married or an engaged pair, lovers, dance partners, etc.

This definition from the *Random House Dictionary* has a rather charmingly old-fashioned ring to it, in these days of same-sex couples, polygamous couples, liberated couples, just-living-together-this-week couples. *Dance* partners? There are more ways of becoming a couple than are dreamed of in Random House's philosophy, it seems.

Most people, however, even today, still concern themselves with the most important couple relationship in their lives—the partner they choose to make a life with. And while it would be foolish to pretend that there is a guaranteed method of making this relationship work, there are some ground rules and pointers that can help you attain this difficult ideal.

Dr. Bernice Podesta, clinical psychologist at Bronx Psychiatric Center, Albert Einstein College of Medicine, and teacher of a course on Successful Couple Relationships at New York's Womanschool, believes that there are some basic principles that all individuals should understand before they embark on a relationship of a lifetime:

1. The goal of life is self-differentiation. In other words, know thyself as *separate*. Until you go some way toward fulfilling yourself as an individual, you will find it almost impossible to become fulfilled in a partnership. The demands will be too great. You must *know* your needs, your desires, your responses, your moral values, to some extent before you can hope to share them with anyone else.

2. The goal of relationships is intimacy—and intimacy is *closeness without fusion*. "Fusion" means invasion of space—being inside the other person's head. An example of this is when a wife always answers for the husband, or when a husband makes a decision that involves him and his wife without consulting the wife.

The key to these principles is that you must be a complete person in your own right before joining up with another person. If your sense of yourself, of your own identity, is weak, then you will get lost in the relationship and will not be able to contribute to it. You will end up frustrated in yourself, and boring to your partner.

Philip and Martha Grausman, for instance, whose house is described on page 50, say that their marriage was vastly enriched after Martha, who had given up her career five years earlier to have a baby and remodel the house, took up dancing again. "We're both much happier when she's working," says Philip. "Every time she says she thinks she'll quit, I talk her out of it!"

Dr. Podesta points out, however, that when one person who is dissatisfied in a relationship, makes changes to try to become more fulfilled—for instance, by taking up a new hobby or going back to school—this can be very threatening to the other partner, "unless the other partner also becomes involved in new activities and projects, or is already deeply engaged."

If you can both develop your separate interests, equally, then the relationship will grow stronger as you both bring more to it. Dr. Podesta knows a case where both partners in a couple relationship of long-standing have deliberately chosen to do more things separately. Whereas in the past they did everything together, and could even anticipate each other's thoughts, now one will go to a museum without the other, or meet a new friend without the other—and the result has been a revitalization of the relationship. (Closer without fusion.)

Dr. Podesta believes that th are two words that come clos to describing a successful cou relationship: *delight* and *care*. light is all the things that are portant for well-being—the giv of gifts, the pleasure of physi contact, being able to laugh cry together and to enjoy thi together, and to communicate t joy to each other.

Care is the responsibility of person for the other, the agr ment of fidelity between them, presence of one partner when i important to be present, the des to cherish. Margaret Mead pressed this most poignant "Having someone wonder wh you are when you don't come ho at night is a very old human nee Care and delight go side by sid they complement each other.

Frankly, these are not thi you can teach people. But you c teach a kind of observation, a w of looking at yourself and yo partner and the relationship as whole so that you can go some w toward developing and strengthe ing whatever ties bind you t gether. Here are six guideli suggested by Dr. Podesta:

1. Develop a sense of hum Being able to laugh about yo lives and yourselves is a great set in a relationship. All succes ful couples laugh a lot.

2. Be open about what is ha pening between you. Discu things *before* they become a pro lem, not after. Don't build resentment. *Continued on page 1*

Men

o men still believe at domesticity is vomen's work"?

By Beverly Russell

OR'S NOTE: *Many people an- ing our "How Liberated is Household" questionnaire felt men were not helping enough. is article, we combine views husbands who do help, plus e from experts with experi- in role-changing. Marriage be smoother, they all main- if chores are shared and re- ments don't build up. The ciple involved in the clean-up e-up: "Don't be afraid to ask!"*

ause it's no fun living with a inuous loser, men should have oned the man's-home-is-his- e concept along with the di- right of kings. Like the late e of Windsor, I gave up the ne for the woman I love. Call feminist dupe. I think it was manly thing to do."

ND B. POGREBIN, HUSBAND OF LIBERATED COTTIN POGREBIN WHO WROTE "GETTING ." (MCKAY $8.95)

The woman who doesn't ask a man to help out in the house is surely a loser in these liberated days of changing roles. In fact, plenty of sociologists and psychologists are gathering impressive statistics to show that the wife who plays doormat, cooking, cleaning, picking up, and generally acting as a handmaiden is more likely to run into a troubled marriage, than not. Part of the reason for this explains Maggie Tripp, author of *Woman in the Year 2000* (Arbor House, $8.95) and teacher at the New School for Social Research, is that if you live with a man for ten or fifteen years and have no outside interests, you begin to mirror his thinking. "Then should he hit trouble, with his career, financially, sexually, or whatever, you can only give him back what he has already said. And he doesn't want that, because nowhere for him to go, it's a dead end, so he turns away for other stimulation. The thing to fear," Mrs. Tripp goes on, "is growing apart. And there will be a gap if you do all those things that you are programed to do on television advertising. You have to be somebody else, then wife and mother."

Mrs. Tripp and her husband, Allan, a new product inventor, married for thirty-three years with two grown-up children, have always shared the household chores, and had their separate rooms. His bathroom, his bedroom; her bathroom, her bedroom. "Our two rooms show the difference between his and hers. And his bathroom is a model of tidiness, mine is not." He makes breakfast, she makes coffee. "We have an agreement, I will make dinner, but he will clean up the kitchen, because I hate to do that. But on the whole we renegotiate every breakfast, and we've learned to fight fairly. He sometimes says, I can't cope, you take over for six weeks and I'll do it. I say to women who come to my classes, you don't have to have a job to be more assertive with the man in your life, but learn to be good at something. It might even be butterfly collecting. So then when somebody says, 'I know you're good at whatever it is, will you come out to our next seminar another experience. As woman has made a commitme something that the man sees is im portant and needful to her, he begins to change. He doesn't worry about the dinner not being on the table when he comes home, or the house not being quite perfect. The situation forces some sort of collaboration at home. My husband feels that my successes have added tremendously to his whole and he's happier for it. I think many women do not have faith in their husbands' ability to understand—and are afraid to test it."

There certainly is fear involved on both sides, confirms psychoanalyst Dr. Robert Weinstein, a founding member of the Men's Center in New York, who trains counselors for men's consciousness raising groups. (Very useful men's groups that meet to discuss changing roles today in reference to women's liberation.) "I've found it's true that many women are unable to speak up and tell the man what their needs are," he says, "because they feel they're going to be seen perhaps as unfeminine, or as complaining and unappreciative. They're afraid of being left, of abandonment if they're assertive. But there's very little validity in this anxiety. I've found that most often there is an increasing degree

Continued on page 139

Children

oes your household evolve too much around our children?

By Sandra Oddo

Six years ago our cleaning woman left and we couldn't find anyone to replace her. We decided to e the housework and pay our- es what we had been paying "

We have work lists. Each child chores he must do before he go to play."

There are the standard things dmaking, table setting, keep- the rooms straight—and other that, I ask for help and usu- get it."

We used to designate chores, found that it created unnec- ry discussion. Now we do a lot alking with each other but we age the work without a set ern."

Four families, four ways of cooperation between parents and children. "There's a kind of myth about families that can make a large contribution to family problems," says W. Keith Daugherty, director of the Family Services Association, "and that's the expectation that families as a system ought to be able to handle anything that comes along without training, that it's 'natural.' We don't expect that of business or educational systems. Other kinds of systems in society require training and orientation and preparation and continuing education—while we just assume that families will somehow magically work."

But cooperation, successful living at home together, also takes planning and thought. Patterns of dealing with the sheer mechanics —keeping fed, clothed, and clean —have to be dealt with or they'll pile up to overwhelming problems. "All too often, I guess, it's Mother who does everything," says Mr. Daugherty. "But there's really no common law that says Mother has to be the one who mops the floor. Sometimes Father enjoys mopping more than she does. My wife would rather do yard work, and I like what goes on inside the house better. You work out combinations with one another that each of you is comfortable with. Then everybody has to take on some tasks that aren't very comfortable and that nobody likes, but that have to be done if the family's going to run."

To find some successful combinations, we asked people who should know, families with children and ways of working together that keep them reasonably happy.

"Communication and democracy, those are the ground rules," says Gail Olsher. "Who *cares* who cooks or loads the washing machine? Do we care about each other is the important question. When you reach that goal, when who does what always evens out in the end." To reach it, the Olshers have a once-a-month family day. They spend it together, and they take turns planning it. Last football season, for instance, Mrs. Olsher, Cindy, Scott, and Steven, joined Harvey Olsher in watching the bowl games. Dinner was ordered in. Cindy may take them all off to the stock car races, or Scott may take them bowling. "All of us have very strong lives of our own," says Mrs. Olsher. "We have tended to scatter. But our ten-year-old has had problems. It forced us to seek help, and it forced us to take a long hard honest look at ourselves as a family. I think it has strengthened us." The Olshers handle the mechanics of the household very simply: they ask. And they expect the children to understand if parents are tired, or if there are special projects like the recent thorough garage-cleaning that demanded all day from all of them. "The children are really cooperative," says Mrs. Olsher. "Twelve-year-old Cindy reads to five-year-old Steven, and Scott goes with his father to the office on Saturdays. He fills in as an office boy, he really earns a little money, and he's delighted to eat lunch out with his father."

"Children *need* a day to do nothing in," says Mariame Emig,

Continued on page 142

the bath takeover

The bath is at last being given the room it deserves. Here are three designed to be lived in—and four specialists to tell you *how* and *why* taking a bath can do wonders for you

Bathing for health and pleasure—new tips from doctors

"Wet heat is wonderful therapy for aching joints and muscles. The advantage of a warm bath is that the heat transfers easily and penetrates better into the body tissues than dry heat. Take warm baths, not hot. The temperature of your skin is approximately 67 degrees, so a bath of 80 or 90 degrees is quite hot enough. If you make the water too hot your body is overwhelmed and cannot accept the heat. Remember that when you sit in a bath you are sitting on the sciatic nerve. So if you are treating a lower back or sciatic disorder (and even if you're not!), put a cushion or foam rubber pad on the bottom of the bath to protect you from the hard surface."

Joseph Kahn, Physiotherapist

"Experiment with hot and cold water in short bursts to stimulate circulation and make you feel good. Find a soap that is skin compatible—pH balanced—particularly if you are in a hard water area. Remember that a warm bath interferes with digestion so avoid eating in the bath. Your bath is a time to relax, to meditate, to invigorate, to appreciate yourself. It's your own singular experience to enjoy."

Dr. Alan Levy, Levy Shea Exercise Studio

"Baths are especially good for aching feet. Massage your feet while you are taking your bath for quick relief. See that your bath temperature and the outside temperature do not vary too much. If you take a warm bath and then go out into the cold air you are not doing yourself any good. If the weather is very warm, make your bath water a little cooler—this is more refreshing and your body will be exhilarated. Try taking a shower first, to get clean and stimulated, and then taking a bath to relax—in clean water! For a real tone-up, after the bath take another quick cool shower to finish off."

Dr. Nathaniel Gould, Orthopedic Surgeon

"If the water is hard, use a water softener. Hard water contains minerals and salts, which, combined with ordinary alkaline toilet soaps, form an insoluble salt round the tub and prevent efficient cleansing of the skin. For dry or sensitive skin, try oilated oatmeal or cornstarch added to your bath water. It's a fine powder available at your drug store. If you put oil in the bath, use one that is dispersible, that is, it disperses in tiny droplets through the water and penetrates dry skin rather than staying on the surface where it would simply leave dirt on the skin. Read the label to find if the oil is dispersible—it will say so."

Dr. Samuel M. Peck, Dermatologist



Space-age cylindrical shower from Italy. Designed by Fabio Lenci, it's made of nonchip, nonflake, nonrust plastic. Interior heated towel rail protected by plastic door. Available in lots of colors from Hastings Tile and "Il Bagno" collection.



Bath oasis for a busy woman

A place to work, relax, a place for health and beauty

This multipurpose bath is divided by the sofa—one half with desk and bath, *opposite page,* the other for making up and relaxing, *opposite page, far right.* It's a fascinating mixture of the feminine (flattering warm colors, frilled curtains, pretty dressing table), and the very practical (desk, bookshelves, telephone). Here you can "write your letters, read magazines, do your needlepoint, take a bath, do your exercises, plan projects in front of the fire," declares designer Françoise de la Renta.



Françoise de la Ren —interior designer busy international hostess, wife of dress designer, Oscar de la Renta.

"My theory of bathrooms is about privacy, about being alone. If you are married and have children, or if you live with another person, or even with a dog or cat, most of the time these people or animals have access to you. The only place where you can really close your door is in the bathroom. So instead of having an extra sitting room or dressing room, or a big bedroom and tiny bathroom, I think that one bathroom can do the job of all these. You can close your door, first of all to have privacy, but also to take off all the close fitting clothes we all wear during the day, and feel quite free. Allow yourself one hour a day of solitude. Anyone can do it—just put a little furniture in your bathroom, even a stool or a pillow, and some magazines—hen, at last, you can be yourself and *relax*."





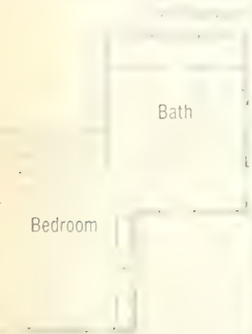
bric everywhere in this bath—a cotton floral design covers the walls, "framed" in specially strips of another pattern to look like lots of scarves. The sofa is upholstered front *and* back make a pretty side to the bath. There is even fabric on the ceiling—a canvas curtain pulls oss the skylight. Plants give an outdoors feel and last forever. Bloomcraft fabrics with oel finish for walls, curtains, and sofa, Greek needlepoint rugs, and antique furniture—from Lord & Taylor. Mahogany cabinetwork around tub from Alter Bath and Kitchen. Ameri- Standard tub and basin. Faucets from Paul Associates. Shopping information, page 98.



John Dickinson, architect and interior designer, talks about the bathroom designed for living

"I have designed bathrooms about as big as a minute, and there is nothing wrong with them except that you hustle in and hustle out. They offer neither room nor reason to linger. But given the space, a bathroom can be as alluring, as comfortable, and as solacing as a beautiful living room or bedroom. It should be an *indulgence*. I like pictures in bathrooms, flowers, a carpeted floor, maybe a fireplace. If you're a tub buff, a telephone where you can get at it, a little television that will sit on the tub or a table, and a standing lamp to read by. Ideally, a dressing room and closets should be incorporated somehow, like a wing or an annex, and the water closet, as architects like to call it, should be in a cubicle of its own. Psychological privacy. The building materials can be anything at all, and the less stereotyped, the more interesting."

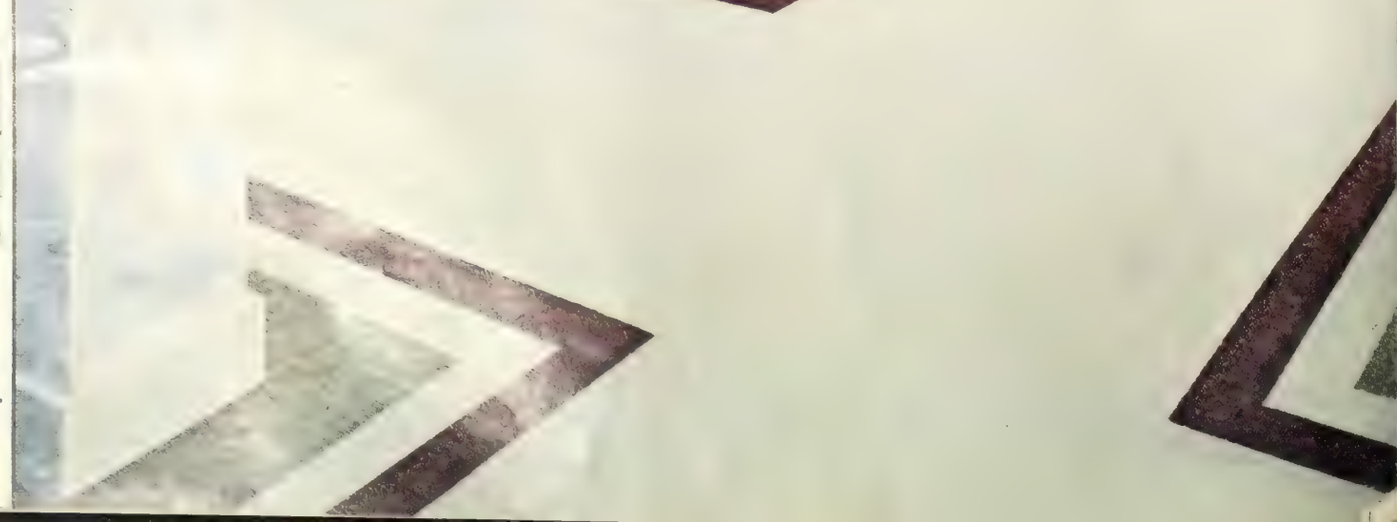
The plan, below, is a complex made possible by space derived from a former bedroom—the new tub area; the original bath—now the shower, closets, toilet cubicle, dressing area, and an expanded hall—now a little study quite open to the master bedroom and the bath proper.



Bed-bath-study environment

A space you want to live in





Bath takeover

continued



Designed for Dr. and Mrs. Leo Keoshian for their newly remodeled house in San Francisco, the bath is a typical example of Mr. Dickinson's use of unusual materials—or if they are not unusual, he makes them look as though they were. The walls and ceiling, for example: Plain white plaster, they are painstakingly painted to look like what he calls *faux* cracked marble. "Carole Lansdown did them. She can make anything look like the Parthenon." Everything is Dickinson-designed—tub and washbasin console of stainless steel, "put together like jewelry," the plaster tub-side table with its hoof feet, the brass towel warmer, the stone-colored carpeting with its white and garnet border, the white-lacquered closets, the study desk of garnet lacquered wood, the chaise covered in stone-colored wool, the identical lamps, "they're plaster, but look like stone," the white-lacquered bed with carved, Etruscan claw feet.

ERIC LYONS













*A white-lacquered column, **1**, with a "ruined" top revolves on ball bearings to reveal that it is a cabinet for toiletries. A push puts it back in place, **2**. White wool curtains lined with white chintz are looped over brass grommets. Stainless steel washbasin faucet, **3**, has nuggety brass handles. Little study, **4**, is a greenhouse without greenery, which is all outside on a terrace. From the bath, **5**, a glimpse of the bedroom with its wall-hung, bedside, plaster "stone" consoles and lamps. In one console, **6**, a telephone and controls for lighting, inside and out, and the music system. New study chair, **7**, is ancient Greek in inspiration. The chaise throw is greige on one side, garnet on the other.*





Zest for a bath lover's comfort



Brand-new bath fixtures and appliances style hair, soothe muscles, glow the skin. Their bright colors lift your spirits, too.

1. Portable whirlpool bath adapts to either right- or left-hand tubs. Force and direction of the flow are fully adjustable. There's a 60-minute timer with it. By Jacuzzi Research. **2.** Electric five-roller traveling hairsetter does its work in five minutes flat. For more than five curls, reheat and reset. "Set to Go" by Clairol. **3.** Enamel and chrome bathroom fixtures in ten bright colors to choose from. Even the traps and drains are enameled for a total, one-unit look. By Zazzeri of Florence, imported by Fearless Faucets. The fixtures are completely adaptable to American plumbing outlets.









4. Vitreous china lavatory the color of fresh cream. "Brenda" by Eljer. **5.** It's a 3-in-1 convertible shower. "The Daisy" is a regular shower, a massager, and an aerated spray. Adaptable to any shower arm and it comes in four House & Garden colors—this one is Tangerine. By Interbath. **6.** Nylon hooks that are unbreakable. *Left to right:* A green grab handle, large and small wall hooks, small, blue, 2-inch ceiling hook, revolving 3-pronged hook, hat and coat hook, and a single coat hook. Each is available in eight colors from The Ironmonger. **7.** White vinyl covers the "Hi-Lo" recliner by La-Z-Boy. Casters make it easy to move. Combination sun/heat lamp has a programed "tanner" so you can regulate strength of ultraviolet and infrared rays according to your skin type. By Norelco. **8.** "Ellisse" china pedestal basin, 31½ inches high. By American Standard. **9.** "Pro 700 Pistol Dryer" has own stand so your hands are free to style hair; detachable air concentrator. General Electric. Shopping information, page 98.





TOM YEE



Piero Pinto, architect and interior designer based in Milan but with clients all over the world, talks about the new concept of baths.

"I think that the two most important rooms in a house are the kitchen and the bathroom. The latter—once considered merely a hygienic and precise space—has now invaded the surrounding rooms to become larger and open, more suitable to the modern way of life. Planning a bathroom is very important. After all, it is where you start your day, where you can exercise or relax, where you prepare yourself before going out. And in the evening it is a place to unwind after a busy day. I believe that as people come to accept more and more this concept that a bathroom is a live-in room, walls and divisions will no longer have reason to exist—and houses of the future will be planned with this dramatic new concept in mind. In fact, it is already happening—and it is a very exciting development in the way we live."

Open-air bath in a city apartmen

The look of a sp and a rooftop vie



nder the eaves of a city apartment, this bath *feels* like outdoors. Blues, greens, d turquoise everywhere; green plants and a sunken turquoise tub, like a small ue pool, near the window wall, which slides back, *right,* so you feel you are actually thing on the glorious terrace overlooking Milan. The adjacent wall is covered in summery fabric, plastic-coated, and opposite it the wall is mirrored, concealing osets. In the ceiling, designer Piero Pinto installed a stainless steel shower fixture at pours down a gentle, wide-radiating spray like rain. Attic-shaped relaxing area s same fabric on ceiling and bed. Chimney is papered in a white wicker pattern.

LEOMBRUNO-SOCI

DOWN-TO-EARTH

Here is a house that expresses modern ideas about energy, the environment, marriage, family, careers, vacationing, physical health, privacy, entertaining, architecture and interior design

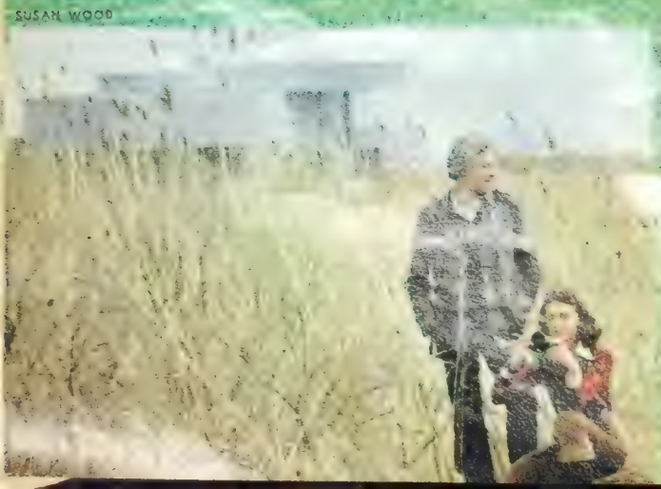




NEIL LONDON

Above: Front door, rough granite walls continue into foyer. Exterior is cedar horizontal board sheathing. *Opposite page, far right:* Cedar-decked pool for an athletic family.

SUSAN WOOD



"With the earth that wraps the house up to the windows and the big roof overhangs, [illegible] protected from [illegible]'s and summer sun"

HOUSE

A brilliant, active couple, Trudy and Marvin Schlachter (he's president of Chess Janus record company, she's a photographer) were Fire Islanders for years. ("We met there on the beach so it had special meaning for us.") But as their family grew, they began to think about building a larger house. They found land looking on to a creek, and commissioned architect Norman Jaffe to get to work. "They are modern, lively; the house had to look forward, but also to be respectful of the environment," he said. He created a low, horizontal design, which practically melts into the landscape and doesn't shout "contemporary" against the placid frame of nature. Yet it is the essence of contemporary building. By wrapping the earth around and designing big roof overhangs, he provided protection in these energy-conscious times. "Contouring the land keeps in heat in winter and cools the structure in summer." Materials, equipment, page 138.



TOM YEE



Easy-care stone and wood for easy living



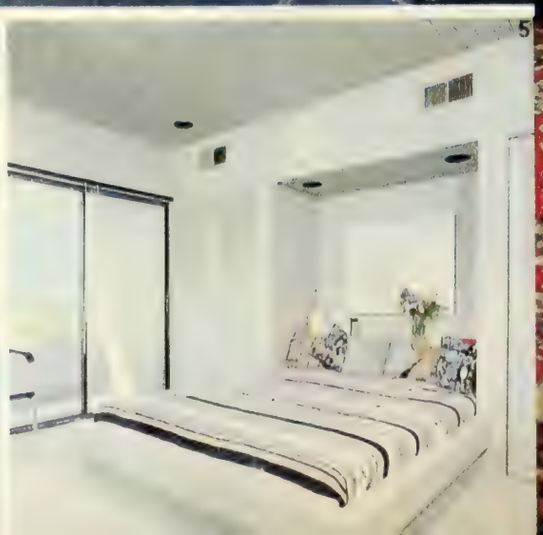
1 2



3



4



5

The Schlachters care about music intensely, playing anything from Vivaldi to Elton John almost all the time. Marvin Schlachter is always bringing home new releases, so quadraphonic stereo has its place here as much as a sofa. The turntable, amplifier, tape deck, records, and cassettes are housed in a neat black Formica unit along one living room wall. Three of the speakers are built into the wall, the fourth is freestanding in a corner. The house is actually a four-part orchestration of rooms. A part for living and entertaining, one for the children, including a playroom adjoining an eat-in kitchen, and another for guests all on ground level. The fourth wing is the Schlachters' private upstairs suite, which i… placed sitting room, sauna, and two baths. … very practical," Trudy Schlachter added, "spare … black slate floors, tweed carpets, hardly a conve… face anywhere, walls of granite or stained ceda… boards, built-in beds, closets. All as maintenance-fre…

1. Built-in black slate dining table reflected… es, kilim rugs in living room. **3.** Formica eating counte… en work surfaces. **4.** Play space for children, furniture fi… en. **5.** Master bedroom, Navaho blanke… a view to … fully away from family. **6.** Well-organized music center…

"It's as maintenance free as you can get, everything goes together to make it a very pleasant and comfortable experience"



Play-it-cool decorating

"Natural textures create an atmosphe
that flatters people"



"It is an 18th-century house that has become apartments, renovated with no imagination at all, you know, when my client bought it," says interior designer François Catroux, who turned its bland and awkward modernity into an integrated living place with soft, simple sophistication. Doors and windows all are curtained to the ceiling, which masks the varying heights of the openings, makes the low ceilings seem higher, and "gives a feeling of French countryhouse comfort," says Mr. Catroux. Sculptured brown wall-to-wall carpeting ties together the living room, *below*, and an adjoining informal sitting room, *opposite page*, where it also covers a platform [illegible]. Fabric that covers them, a muted [illegible] sitting room walls; in the living room, st[illegible] and ceiling makes [illegible]

DAVID MASSEY

Deep s[illegible] print, end tables [illegible] Three slices of travertine make an angular sit[illegible] footed lacquered trays on the banquettes



a background you can live with a long time"

The dining room is a small room, simply handled—a table and two sideboards with tailored cotton skirts, white painted chairs—a background designed for candlelight, for comfortable dinners and bright conversation. Walls are covered with matchstick blinds bought by the yard that also make windows seem taller than they are. They match the sisal carpet. Curtains are white canvas caught by metal clasps.

The table is covered with small-printed beige and white cotton fabric by David Hicks, complementing patterned china from Persia. Silver candleholders, baskets of daffodils, Christofle glasses, silverware.

DAVID MASSEY

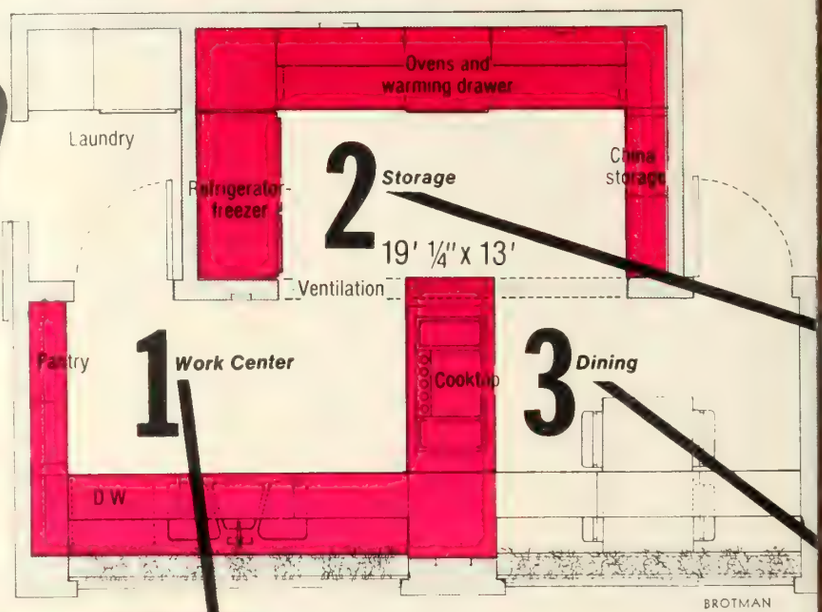




Color Coded Kitchen

to make your cooking and entertaining a whiz

This is an innovative kitchen, ball-bearing smooth in performance, designed to be installed in an area roughly 15 by 20 feet in a new apartment building. Three House & Garden colors are used not only for color's sake, but also, by combining them differently in the various areas, to give each space definition, a change in character.





There are two main working areas, a laundry, a dining area, and storage planned so everything is *where* you want it *when* you want it. Some countertops, ceilings, and floors are Ultramarine Blue, some Sun Yellow or (excepting ceilings and floors) Pompeiian Red. Only cabinets—barring laundry, where they are white—are *consistently* red. Kitchen would work equally well in a new house or, through remodeling, in an old one or apartment. Designed by architect Stanley Tigerman, incorporating Thermador and Waste King equipment, St. Charles cabinets.

Where everything is

In the plan, the two red U's define three main areas. Sunlight comes from a single wall of windows shaded by aluminum louvers by Acme-Artforge. At window-sill level, planters for flowers and greenery. Cooling, heating, and a Thermador exhaust system (ventilation for cooktop) are in an overhead beam called an air bar. All ducting and wiring is in ceiling of area 2, 1 foot lower than in area 1. Difference in heights is equalized by area 1's stovepipe downlights. Area 2's ceiling lighting is recessed. All lighting by Lightolier. Running the window length of the room are out-of-the-way upper cabinets for anything not in constant use.

In all areas, textured steel cabinets are by St. Charles.

Specifically, in area 1:

Thermador ceramic glass cooktop with four heating units, a griddle, a grill, a warming tray. Waste King dishwasher and food waste disposer, the latter in the center unit of the Kohler triple sink. Built-in toaster by Thermador. Wall pantry for canned and dry foods; storage for pots, pans, lids, bottles, and root vegetables.

In area 2:

Side-by-side freezer-refrigerator by Sub-Zero. Thermador microwave, warming, and self-cleaning ovens stacked in a single unit. A fold-up hanging scale, a Thermador built-in electric can opener. Flour and sugar storage drawers, storage for a variety of baking pans, china, glass, and all electric appliances.

In area 3:

Dining table and chairs for four. Shallow drawers for linen and silver in cooktop peninsula.

TOM YEE




2
3

Color defines space and organizes areas





Dishwasher

Untraditionally but effectively, the dishwasher has a textured enameled steel front in the same red of the cabinets. Interior is stainless steel—bright idea



Cooking center

Kitchen color and kitchen storage can be as personal as a cook's cooking—and as varied. But no one ever denies the step-saving blessing of convenience. For example: *below,* the cooking center, doors closed. *Right:* The same, doors open. At left, three drawers for pots and pans, grids for the cooktop grill, hot-dish trivets. At right, three tray-drawers, perforated for air circulation, for root vegetables. Top drawer holds kitchen towels, pot holders. In the counter angle, drawers for knives, spatulas, wooden spoons, whisks, and kitchen tools in general. *Left:* Outside looking in. Through the louvers and (at the moment) azaleas, a view of the dining area and the table set for luncheon.



Glass and china storage

lassware cabinet is designed in two sections: one, a flexible
er of shelves, flat against the wall; the other, a hinged,
ving-out section, open on each side, with its shelves rimmed
ith protective flanges to keep glasses from sliding. Adjustable
ina cabinet shelves can be set at any height to accommodate
rious shapes with no waste space; cups are held safe and
und in neatly compartmented racks.



Cabinet with table setting makings is only a step from the dining area



Pantry in the wall

A miniature supermarket, pantry follows the same design principle of the glassware cabinet: four swing-out sections with see-through shelves hold practically a canned harvest. All rear shelves are adjustable to the various heights of cracker and cereal boxes, Mason jars, condiments, detergents, packaged nuts, dog food, baskets—you name it.





Service door next to pantry for convenient deliveries

Baking

pans, molds, soufflé dishes
Lower cabinets hold revolving swing-out shelves for electric appliances; plug-in strips are in wall. In a switch from area 1, ceiling, floor, countertops are yellow. Micarta countertops and backsplashes; vinyl flooring by Herbert Bright.



Strategic span: a pastry counter between ovens and refrigerator

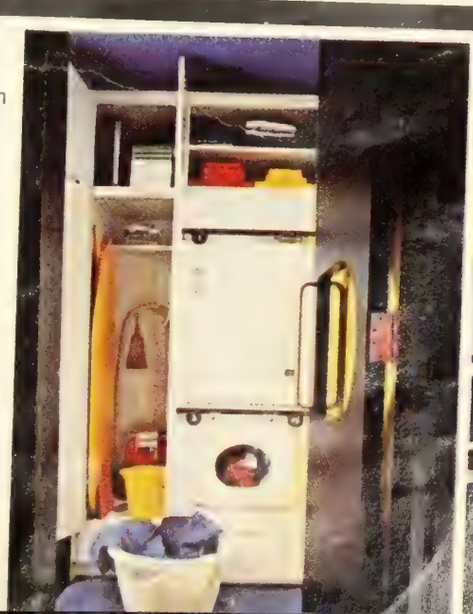


The answer to every cook's dream—all the storage you need, right where you need it

The laundry, a griddle, and a wall scale

The laundry, *right,* is the fourth of the interlocked spaces that form the kitchen complex. The "stacked" design of the Space Mates washer and dryer is a space saver: the unit takes up only 27 square inches of floor space. Compartments above hold towels and cartons; the adjacent broom closet houses familiar helpers—vacuum cleaner, ironing board, dust pan, a pail. *Far right, top:* The center portion of the cooktop goes up, the griddle is put in place, then comes breakfast. When this section of the cooktop is down, it becomes a warmer for food that must wait a while. *Far right, bottom:* The platform of the wall scale (a must for meticulous cooks) folds down exactly like an inner-door bed, and weighs in grams and ounces up to 7 pounds.

Shopping information, page 98



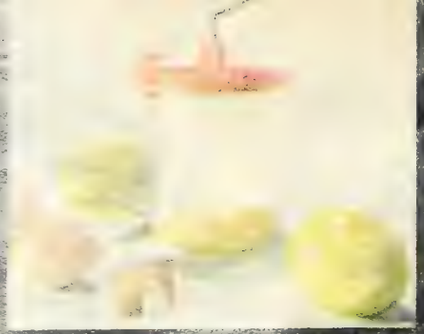




New whiz kitchen helpers

The right tool to do the job—it's a large part of what makes cooking a pleasure. Whether it's a pyramid of spices or a fully equipped range, this round-up of new gadgets and appliances will save time and improve efficiency. They're all at Great American Idea Centers across America. See page 141 Tiles by American Olean. For shopping information, page 98

DAVID MASSEY



2-cup mayonnaise/handblender from Italy



7½-inch stainless scissor clam opener



"Micromatic" double oven range—Litt



kewer saves cooking time—Isothermics



Crock-Pot with new bake pan insert—Rival



Galvanized steel sardine grill from France



Yellow plastic egg stand with egg snip



Toaster/Oven Plus—Proctor-Silex



8-ounce ice crusher—Terraillon



Touch computerized Radarange—Am



andheld plastic e water from Italy



Safety grip knife sharpener—Henckels



Convection mini "Speed Oven"—Monarch



Dishwasher-safe colander from Swed



Cooktop, griddle—Modern Maid



Acrylic



Minute Burger portable cooker—Presto



"Tiara" single lever faucet—Elkay



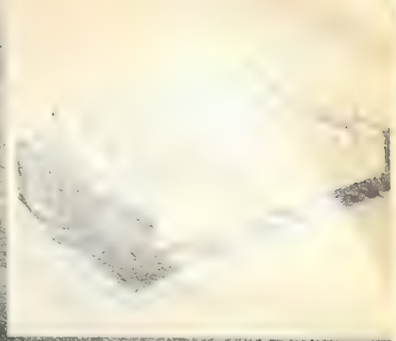
Star" stainless vegetable mincer



Stainless "Shredmatic" to slice and chop



3-quart "Drain 'n Strain" pot—Mirro



"Jet-Gaz" tabletop stove—SEB



or mobile dishwasher—Whirlpool



8-cup polypropylene percolator—Mirro



Smooth-Top Range, self-cleaning—Caloric



Green parsley chopper from France



izer attachment on grinder—SEB



Stainless steel steamer—Cuisinarts



Automatic drip coffee—General Electric



"Woven Cane" cooktop—Corning



untertop microwave oven—Litton



Easy grip knife for frozen meats, breads



Blender has 4 containers—Hamilton Beach



Vegetables, salad, berry washer—Mouli



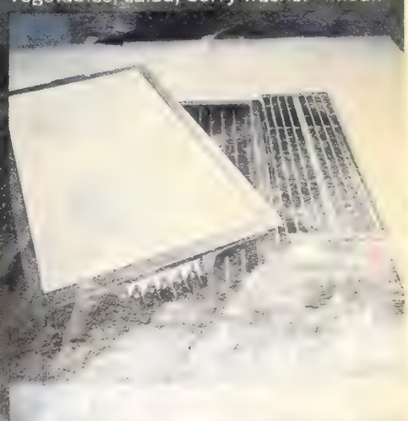
sink 25 by 15 inches wide—Kohler



7-quart glass Rumtopf for summer desserts



Disposable spice mills—Inter



op, grill—Jenn-Air



Irresistible Diet Food

Menus, recipes, tips for a delicious week by Helen Corbitt, Food Consultant to The Greenhouse spa

	LUNCH	DINNER
SUNDAY	*Fresh Strawberries with Puréed Raspberries* *Piperade with Canadian Bacon°* *Popovers*	*Beet Yoghurt Soup°* *Singapore Turkey with Natural Juices* *Baked Cranberries with Orange* *Fresh Green Beans with Scallions* *Parslied Mashed Cauliflower* *Fresh Spinach and Mushroom Salad* *Cold Lemon Soufflé made with skim milk °*
MONDAY	*Half a Papaya filled with Cold Shrimp, Grated Coconut, and Fresh Lime Juice* *Very Cold White Asparagus*	*Essence of Tomato Soup* *Broiled Flank Steak Marinated in Soy Sauce and Fresh Ginger* *Thinly sliced White Turnips, Heavily Parslied* *Zucchini Cups Filled with Sautéed Mushrooms* *Celery Salad with Mustard Dressing°* *Steamed Fresh Pears, Red Wine Syrup*
TUESDAY	*Julienne of Turkey (leftovers) in Aspic on Boston Lettuce* *Slices of Fresh Pineapple*	*Rosemary Broiled Leg of Lamb* *Eggplant Provençale°* *Sliced Brussels Sprouts with Grapes* *Romaine and Shredded Radish Salad, Vinaigrette Dressing* *Apricot Sponge°*
WEDNESDAY	*Crudité Salad with Sherry French Dressing* *Small Scoop Cottage Cheese or Thin Slice Leftover Lamb* *Baked Cinnamon Grapefruit*	*Jellied Watercress Soup* *Tandoori Roast Chicken°* *Savory Fresh Spinach* *Sautéed Little White Onions and Mushrooms* *Chunky Iceberg Lettuce with Diced Hot Broiled Fresh Pineapple* *Coffee Pots de Crème*
THURSDAY	*Individual Cheese Custard, baked in shallow casserole (a nice Sunday night supper dish also)* *Zucchini and Cherry Tomatoes with Sesame Seeds°* *The Greenhouse Orange*	*Chopped Vegetable Salad, °* *Pear Vinegar Dressing°* *Peppered Top Butt of Beef* *Baked White Squash, Paprika* *Stir-Fried Spinach with Grated Beets* *Ricotta Cheese Pie with Puréed Strawberries °*
FRIDAY	*Individual Carrot Pudding* *Zucchini Fan with Parmesan* *Honeydew Melon Boat*	*Cucumber Boat Filled with Diced Tomatoes and Celery, Green Herb Dressing* *Fillet of Sole Roulade with Fresh Salmon and Dill Sauce, Lemon Cup filled with Capers°* *Tomato filled with Puréed Green Beans* *Asparagus with Grated Orange Peel* *Three Fruit Sherbet*
SATURDAY	*Bouillabaisse °* *Romaine, Red Cabbage and Grapefruit Salad, Sherry French Dressing*	*Marinated Fresh Artichoke* *Cinnamon and Lemon [illegible]* *Leg of Veal, Nature [illegible]°* *Broccoli [illegible]* *Celery [illegible]* *Red and [illegible]* *Strawberries [illegible]*

anyone in your family who to lose weight, it's almost ss if the food is delicious and iful at the same time. Helen tt, who believes the appear- f food is almost as important taste, planned this week of s and recipes based on those es for guests at The Green- , the luxury spa in Arlington, owned and operated by the Southwest Development ration. "Learn to know foods are lower in calories at smaller portions of every- " says Miss Corbitt, who es food that is full of vitamins inerals, but low in carbohy- and fats. "Balance your diet cluding all the food groups: meat, vegetables, bread and s. You can take off pounds if educe the calories it takes to ain your ideal weight. How- it is always a good idea to with your doctor before you using this or any diet.

nondieting members of your , you can serve the same ust increase the size of por- The recipes appear below or e found in Helen Corbitt's books: *Helen Corbitt Cooks ooks*, and her latest book *Corbitt Cooks for Company.* books by Miss Corbitt: *Corbitt's Cookbook, Helen tt's Potluck.*

TIPS

it down and think about all hings that go into making a attractive, and don't try to it in the supermarket."

len and children respond to e and flavor, which go into akeup of attractive food, and will be unaware of the fact are eating a lower calorie but ying meal."

ollow the old-time nutrition s of lean meats, poultry or fresh fruits and vegetables, milk instead of whole, little sugar (there is no biological for it), whipped vegetable argarine in place of butter ially if you are cholesterol ed, and less salt."

o snacks unless they are fresh or vegetables. Cook vegeta- arefully to insure their vita- ontent."

ake an extra few minutes to food look good, thinly sliced really looks better than thick; cress and parsley give an ex- ark of color; vegetables look appetizing when they're slivered."

Continued on page 93

site: *Tempting carrot pud- with zucchini fan, cold lemon é, crudité salad, fruit frappé, uices whizzed in the blender cracked ice.*

RECIPES

PIPERADE WITH CANADIAN BACON

4 teaspoons whipped margarine
1 green pepper, thinly sliced
1 white onion, thinly sliced
2 tomatoes, peeled, seeded, sliced
salt and pepper
4 eggs
4 tablespoons skim milk
grated Parmesan cheese
chopped parsley or chives
1 clove garlic, optional
Canadian bacon

Melt 2 teaspoons margarine, add vegetables and cook at medium heat until just tender. Season with salt and pepper. Keep warm. Melt rest of margarine. Mix the eggs and skim milk, with a pinch of salt and pepper. Add to the margarine and cook over low heat until soft

Continued on page 93

Our Traminer grapes are good enough to be called Gewürz.

There is a story behind Almadén Gewürztraminer.

Long ago on a stony hillside of the Austrian Tyrol the subtly aromatic Traminer white wine grape came into being. From there it spread to the greatest vineyards of all Europe.

Soon wine makers discovered that under ideal conditions of soil and climate a rare strain of Traminer would be produced—one that surpassed the Traminer with a pronounced spicy flavor and a full, flowery aroma. The Germans quickly christened it "Gewürz," or spicy, Traminer.

Years later, we found the elusive growing conditions for this special breed in a tiny corner of the Almadén region of Northern California. In fact, our shy-bearing, pinkish-grey champion is one of the few grapes worthy of the name Gewürztraminer.

See for yourself. Only a fine grape can produce a fine wine. **Almadén**



House & Garden's pick of cooking schools across America

continued from page 44

Mandarin Restaurant
Cecelia Chang, 900 North Point St., San Francisco, Cal. 94109.
Chinese cuisine. Danny Kaye guest-chefs sometimes. Year round.

Michael James Cooks
393 Cumberland St., San Francisco, Cal. 94114.
Intensive midweek or weekend live-in cooking school. Famous guest chefs. April-June and September-December.

CONNECTICUT

Cook's Corner
Malvina Kinard, 11 Sherwood Square, Westport, Conn. 06880.
French and international cuisines. Children's classes, summer canning course. Demonstration class. Open fall, winter, spring.

The Culinary Arts
Cecile Rivel, Gateway Shopping Center, Wilton, Conn. 06897.
International cooking classes, Chinese, Indonesian; cake decorating. September-December; March-June; July, French cuisine.

DISTRICT OF COLUMBIA

Susan Holland & Carol Mason
2231 Hall St. N.W., Washington, D.C. 20007.
French cuisine; special men's class. Year round.

FLORIDA

Bobby and Carol's Cooking School
11020 S.W. 73rd Court, Miami, Fla. 33156.
Basic techniques, international cuisine. Teenagers accepted. Closed July and August.

Ralph Varketta Cooking School
P.O. Box 1224, Hallandale, Fla. 33009.
Continental cuisine, gourmet correspondence course, 6-day crash course given weekly.

GEORGIA

Ursula's Cooking School and Catering
1764 Cheshire Bridge Rd., N.E. Atlanta, Ga. 30324.
International, French, and German cuisines. Closed June, July, August, and December.

Cook's Corner
3140 East Shadowlawn Ave., Atlanta, Ga. 30305.
Classic French and specialty courses, summer cookery, Christmas cookery.

ILLINOIS

Jane Freiman Cooking Classes
2126 North Bissell St., Chicago, Ill. 60614.
French cuisine. Year round.

Black's Gourmet Cooking School and Shop
Ruth Black, 108 West Willow St., Wheaton, Ill. 60187.
International and French cuisine; canning. Year round.

LOUISIANA

Miriam Guidroz French Cooking
8000 Spruce St., New Orleans, La. 70118.
French cuisine. Closed August.

La Cuisine Creole
Yvonne Wogan, 1320 Burdette St., New Orleans, La. 70118.
Creole cuisine. Fall and spring.

MARYLAND

Cook's Corner of Annapolis
Phoebe Bender, 101 Annapolis Rd., Annapolis, Md. 21401.
Classic French, specialty courses; teenage class. Year round.

MASSACHUSETTS

Cooking Classes with José Wilson
20 Old Garden Rd., Rockport, Mass. 01966.
Techniques, inexpensive and seasonal cooking. June and September.

Modern Gourmet
Madeleine Kamman, 454 Ward St., Newton Centre, Mass. 02159.
Classic French cuisine. Closed summer and holidays.

MICHIGAN

Charity Suczek
Birmingham Community House, 380 South Bates Ave., Birmingham, Mich. 48009.
Continental and Austrian cuisine. Fall, winter, spring, and a short summer course.

MISSOURI

American Restaurant
Philip McKimmey, 2450 Grand Ave., Kansas City, Mo. 64101.
International cuisine. Biweekly for summer, weekly in fall.

The Pampered Pantry
8139 Maryland Ave., Clayton, Mo. 63105.
French, Italian cuisine, canning course. Year round.

NEW YORK

Annemarie's Cooking School
164 Lexington Ave., New York, N.Y. 10016.
International cuisine. Year round.

James A. Beard Cooking School
167 West 12th St., New York, N.Y. 10011.
Classes in French and international cuisine. Guest chefs. September through May.

The School of Italian Cooking
Marcella Hazan, (212) 861-2825.
Italian cuisine. October-April.

Mexican Cooking School
Diana Kennedy, 230 Riverside Drive, New York, N.Y. 10025.
Mexican cuisine. Spring and fall.

Karen Lee Chinese Cooking School
65 Central Park West, New York, N.Y. 10023.
Chinese cuisine. Year round.

Perla Myers' Seasonal Kitchen
513 East 82nd St., New York, N.Y. 10028.

Continued on page 143

For canning, pickling, preserving tips and recipes, turn to page 87.

EMERICK BRONSON

WINE & FOOD

A SUPPLEMENT TO HOUSE & GARDEN OF QUICK TIPS · SUPER RECIPES · EXPERT



Thermador has so many ways to make the joy of cooking add to the joy of living



Thermador's new Thermaglas™ smoothtop, above, has cooking conveniences hard to match. The barbecue grill doubles as a griddle or, with the top closed, as a warming surface. Four elements provide any heat from rolling boil to slow simmer. Gives kitchens a beautiful, streamlined, uncluttered look. Model TGT45

Please turn the page ➔

Canning! Pickling! Preserving!

Tips, techniques, unexpected recipes

by Jane Ellis



JAMES MATHEWS

Equipment needed for pickling, preserving, and canning

■ **FOR PREPARING FOOD:** Jar and jelly glasses—a variety of sizes made by Ball, Kerr, and Le Parfait, cutting board, paring knife, measuring cups and spoons, strainer or colander, blender, food chopper or grinder, cheesecloth and string for spice bags. ■ **FOR COOKING:** Long-handled metal and wooden spoons for stirring, deep enamel or stainless steel pans or kettles, stoneware or nonmetalized containers, glass or pottery or enamelware for vinegar or brine solutions. (Do not use copper, brass, iron, or galvanized utensils for pickling as it will affect taste and color.) ■ **FOR FILLING JARS:** Rubber spatulas, jar lifters, wide-mouth funnel, ladle with a lip, potholders, and clean damp cloth.

Sterilizing Glass Jars

Be sure all jars and lids are perfect. Discard any with cracks, chips, dents, or rust.

Wash jars, lids, and bands in hot soapy water and rinse well. In a deep kettle, cover jars with boiling water. Boil for 15 minutes. Leave in water until ready to use. Drain and fill at once.

Note: Water should reach 212° to sterilize. As dishwashers reach only 180°, they should just be used for cleaning.

Closing Glass Jars

There are 3 types of closures: *metal screwband and flat metal lid* with sealing compound. Wipe jar rim clean. Put lid on, with sealing compound next to glass. Screw metal band down tight. Do not tighten further after removing from canner. Remove metal bands as soon as jars cool. Check seal. If seal is not good, liquid will leak out without band; if band remains on jar, it may explode. Metal lids with sealing compound may be used only once.

Porcelain-lined zinc cap with shoulder rubber ring. Fit wet rubber ring down on jar shoulder, but don't stretch unnecessarily. Fill jar; wipe rubber ring and jar rim clean. Screw cap down firmly and turn it back ¼ inch. As soon as you take jar from canner, tighten cap to complete seal. Porcelain caps may be reused if in good condition, rubber rings should not.

Glass-hinged lid with rubber ring. Fill jars up to the engraved capacity line, but make sure the rim and rubber ring remain clean. Close jars making sure the rubber ring is well fitted into inner lining of lid and fasten clamp.



Equipment for canning, top of page, from left: *Kerr wide mouth Mason jars, General Housewares 21-quart canning pot, colander, ladle, funnel, dipper.* Above: *Mirro-matic pressure canner-cooker, Farberware stainless saucepot and steamer insert.*

Preparing Fruits and Vegetables for Canning

Choose fresh, firm, perfect, fruits and young, tender vegetables. Sort them for size and ripeness; they cook more evenly that way.

Wash small amounts of fruit and vegetables thoroughly under running water, don't soak; they'll lose flavor and nutritive value. Handle gently to avoid bruising.

Processing

Use boiling-water bath for fruits, tomatoes, and pickled vegetables. Put filled glass jars into canner containing hot or boiling water. For raw pack in glass jars have water in canner hot but not boiling; for all other packs have water boiling. Add boiling water, if needed, to bring water an inch or two over tops of containers; don't pour boiling water directly on glass jars. Put cover on canner. When water comes to a rolling boil, start to count process time according to recipe directions. Boil gently and steadily. Add boiling water during processing if needed to keep containers covered. Remove containers from canner immediately when processing time is up.

Use pressure canner for all other vegetables. It is essential to follow manufacturer's directions for your canner, and be sure it is in perfect condition before using.

Test Seal

To test a jar with flat metal lid, press center of lid, if down and will not move, jar is sealed. Or tap center of lid with spoon, if clear ringing sound, seal is good; dull note indicates poor seal. Test seal on glass jars with porcelain-lined or hinged caps by turning jar to be sure there are no leaks.

■ *For expert advice on canning and preserving, write for:*

The United States Department of Agriculture's booklet Home Canning of Fruits and Vegetables *(G. 8), 35c. Write to Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.*

Ball Blue Book, *$1. Write to Blue Book, Box 2005, Muncie, Ind. 47302.*

Kerr Home Canning and Freezing Book, *$1. Write to Kerr Glass Manufacturing Corp., Consumer Products Divisions, Sand Springs, Okla. 74063.*

Kerr also publishes 10 Short Lessons in Canning and Freezing *(for beginners), 10c; the* Kerr Guide to Home Canning and Freezing, *free.*

Heinz Guide to Successful Pickling, *free. Write to Pickling Information Center, Heinz U.S.A., P.O. Box 28, D-17K, Pittsburgh, Pa. 15230.*

Continued on next page



Stencil your own labels

The American Stencil Kit, above, includes stencil shapes, markers, instructions, and design chart. Write Stencil-Magic, 8 W. Nineteenth Street, New York, N.Y. 10011. $5.50 postpaid.

To Store

Wipe jars with clean, damp cloth. Label with name of recipe and date. Store in a dark, dry, cool place where there's no danger of freezing. Freezing may crack the jars or break the seals allowing bacteria to enter, which may cause spoilage.

Pickles and jams are the easiest to keep, so store on high shelves.

Try to can for a year's supply. Pickles improve with age, but most other things just get dusty.

Can in season to take advantage of prices.

Before Using

Check for signs of spoilage; a bulging lid, leakage, mold, off-odor, unusually soft, mushy. If there is even a slight indication of spoilage, do not taste. Dispose of produce and wash and sterilize jar.

Pickling Tips

Use the varieties of cucumbers grown especially for pickling.

Select slightly underripe fruits since they retain their shape and texture.

Use pure granulated pickling salt or uniodized salt. (Iodized table salt causes pickles to darken.)

Use soft water since minerals in hard water may interfere with the pickling process or cause pickles to darken. If soft water is unavailable, boil water; then let it cool and remove scum.

Preserving

To make jellies, jams, and preserves, fruits are cooked uncovered in a large 8- to 10-quart kettle until it is ready to set or gel, then ladled into hot sterilized jars and sealed. No further processing is needed because of high sugar content. Most jelly glasses are sealed with a layer of melted paraffin.

AUNTIES PEPPER RELISH

by Wanda Kielblock

12 red peppers
12 green peppers (or 24 green peppers may be used)
boiling water
3 large, or 6 medium onions, chopped
1 cup sugar
1 tablespoon salt
2 cups vinegar
1 tablespoon mustard seed
1 tablespoon celery seed

Put peppers through a meat grinder, using a medium blade. Cover with boiling water and let stand 5 minutes. Drain mixture and again cover with boiling water and allow to stand 10 more minutes. Drain. In a saucepan add peppers, onions, sugar, salt, vinegar, mustard seed, and celery seed and bring to a boil and boil for 15 minutes. Put the pepper relish in jars and seal. Makes 4 pints.

CALAMONDIN ORANGE MARMALADE

from Zelma Clark

1 quart Calamondin oranges, washed
1 tablespoon baking soda
boiling water
water
sugar

Place fruit in a kettle and add baking soda and boiling water to cover. Cover kettle and let stand for 10 minutes. Drain. Wash fruit thoroughly several times in cold water. Cut oranges into rings or small pieces with a sharp knife and remove seeds. Measure fruit and return it to kettle. Add 1 cup water per 1 cup fruit. Bring mixture to boil and simmer until tender (about 1 hour). Cool. Measure marmalade stock and return to kettle and add 1 cup sugar to 1 cup stock slowly, stirring until dissolved. Bring mixture to a boil and boil rapidly until jelly state is reached. To prevent marmalade from scorching, stir constantly with a wooden spoon the last 5-10 minutes. Remove kettle from heat and cool for a few minutes to expel all bubbles. Pour into sterilized jars and seal immediately. Makes about 1½ pints jelly.

ZUCCHINI PICKLES

1 quart Heinz Distilled White Vinegar
2 cups granulated sugar
¼ cup salt
2 teaspoons celery seed
2 teaspoons ground turmeric
1 teaspoon dry mustard
5 pounds zucchini (5-6 inches), unpeeled, cut into ¼-inch slices
1 quart onions, thinly sliced (4-5 medium)

In a large kettle add vinegar, sugar, salt, celery seed, turmeric, and mustard and bring to a boil. In a bowl place zucchini and onions and pour boiling liquid over them; let stand 1 hour, stirring mixture occasionally. In a saucepot, bring mixture to a boil and simmer for 3 minutes. Continue simmering while quickly packing 1 clean hot jar at a time. Fill to within ½ inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling water bath. 6-7 pints.

Continued on page 97

Yukky. Yummy.



Peaches preserved in ordinary canning syrup for 12 hours.

Fruit-Fresh®. You need it for canning, freezing, and fresh fruit.

If you want all the fruit you serve to look and taste its freshest, what you really need is Fruit-Fresh. Because Fruit-Fresh contains a special ingredient that locks in the natural, "just-picked" color and flavor. Which means no more brown, mushy-looking peaches.

Fruit-Fresh is economical, too. A 5-oz. can will preserve up to 75 lbs. of peaches. Here's how: For Canning: simply add Fruit-Fresh to the regular syrup. For Freezing: add Fruit-Fresh to the syrup or dry sugar. For Fresh Fruit: sprinkle Fruit-Fresh on your just-sliced fruit before refrigerating. Sound good? It tastes delicious.



Keeps fruit looking and tasting fresher.

Free Offer: For free Fruit-Fresh dessert recipe booklet, send self-addressed stamped envelope to: Fruit-Fresh Recipe Offer, Dept. FF475, Box 1467, Pittsburgh, Pa. 15230.

St. Charles

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Isn't now the time to own the kitchen you've dreamed of all these years . . . one that's custom-fashioned for *your* way of life?

Your St. Charles dealer-designer will create a fashion kitchen that is a total reflection of you, mirroring your ideas, your favorite colors, your individuality. Imaginatively coordinated. Efficiently workable.

Pictured is our new Shaker kitchen, which embodies the functional purity and elegant simplicity of distinctive Shaker craftsmanship.

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Cooking classes coast to coast

Yankee soul food in Dallas, Italian party food in San Francisco, easy mixed-up breads in New York



1 **Helen Corbitt teaches men in Dallas; this class the menu is Yankee Soul Food.**

Menu

Crown Roast of Pork°
Rice with Pine Nuts°
Sautéed Mushrooms°
Glazed Onions°
Asparagus°
Bibb Lettuce Mimosa°
Corn Oysters with Green Chilies°
Cheddar Apple Pie°
Wines: Robert Mondavi—Pinot Chardonnay 1973; San Martin Moscata Canelli 1973

CROWN ROAST OF PORK

1 crown roast of pork from young pork (flesh should be grayish pink; fat, white and firm)
2 cloves garlic, slivered
2 tablespoons lemon juice
2 teaspoons salt
1 teaspoon thyme
fresh ground pepper
1 medium onion, coarsely chopped
1 carrot, coarsely chopped
1 stalk celery, coarsely chopped
¾ cup beef consommé
¾ cup chicken consommé
2 tablespoons currant jelly
1½ tablespoons arrowroot
broiled apricots and slivered preserved ginger or sautéed apples

Preheat oven to 500°. Cover rib tips with aluminum. Cut several thin cuts in meat and insert garlic, rub with lemon juice. In a bowl mix salt, thyme, and pepper together and rub surface of pork. Place metal container in center of crown to hold its shape. Place roast in the center of oven for 20 minutes. Add vegetables to pan, cover and turn oven to 350°. Continue roasting for 40 minutes. Uncover, place on lower rack and continue roasting until internal temperature is 170°. (Roast is self basting.) Remove meat to serving platter, add consommé and jelly to juices. Deglaze. Strain off excess fat. Mix arrowroot with a little cold water, add to juices and cook until thickened. Serve with hot broiled peeled apricots and slivered preserved ginger, or freshly sautéed apples around the outside and glazed onions and sautéed mushrooms in the center. If you like, spear each rib with a canned kumquat.

CORN OYSTERS WITH GREEN CHILIES

2 cups fresh corn, scraped off the cob and drained
2 egg yolks
¼ cup green chilies, seeded and chopped fine
½ cup flour
1 teaspoon baking powder
½ teaspoon salt
2 egg whites, beaten stiff
bacon drippings or other fat

Mix corn, egg yolks, and chilies. In a separate bowl mix flour, baking powder, and salt, add corn mixture, fold in egg whites. Cook by spoonfuls on a griddle or skillet in hot fat, turning once, until golden brown. Serves 6.

SAUTÉED MUSHROOMS

¼ pound butter
1 pound fresh mushrooms, washed, dried, and quartered
lemon juice
salt and pepper to taste

In a pan melt butter and add mushrooms over high heat, add a squeeze of lemon. Over medium high heat sauté for 3 minutes. Cover for 1 minute. Season with salt and pepper. Be careful not to overcook. Serves 6.

ASPARAGUS

¼ cup butter
2 quarts asparagus, cleaned, washed and cut on the bias into 2-3-inch pieces
2 tablespoons water
⅓ cup heavy cream
¼ cup parsley, chopped

In a pan melt butter. Turn temperature to high heat, add asparagus and sauté for 1 minute. Add water and stir with a fork constantly for 1 minute. Cover and cook for 1 more minute. Add cream and parsley, toss and serve. Serves 6.

Continued on page 92

MICHAEL OLSEN



2 **Emalee Chapman teaches women Italian cooking in her San Francisco apartment.**

Menu

Bagna Cauda°
(hot dip for vegetables)
Rolled Breast of Veal with Fresh Herbs°
Stuffed Red Peppers°
Limestone (or Boston) Lettuce Salad with Grated Lemon Peel Lemon Juice and Oil Dressing
Italian Bread
Pots of Herbed Butter
Fantasy Trifle°
Espresso
Wine: Italian Soave

STUFFED RED PEPPERS

3 tablespoons olive oil
6 mild Italian sausages, casings removed
3 tomatoes, skinned, seeded, and chopped
4 tablespoons parsley, finely chopped
8 black olives, finely chopped
salt and pepper to taste
1 egg well beaten
6 sweet red peppers, halved and seeded
¼ cup Parmesan cheese

Preheat oven to 350°. Pour 2 tablespoons oil into a shallow baking dish large enough to hold pepper halves without crowding.

In a bowl mix together well sausage meat, tomatoes, parsley, olives, salt, pepper and egg. Spoon stuffing into the pepper halves and arrange in the dish. Dribble 1 tablespoon oil over the tops of each pepper and sprinkle with Parmesan cheese. Bake in middle of oven 40 minutes or until peppers are tender, but not limp. Stuffing will be lightly browned on top. Serve hot or cold. Serves 8.

Continued on page 92

FRANCES McLAUGHLIN-G



3 **Felipe Rojas-Lombardi teaches children—Little Red School House in New York.**

SAUSAGE BREAD

1 pound sausage links
2 packages dry yeast
¼ cup warm water (105-115°
1 cup sugar
1 cup hot milk
¼ cup butter, room temperature
1 teaspoon salt
3 eggs, room temperature
5 cups all-purpose flour, approximately
butter

Cut sausages into 1-inch lengt and place in a small saucepan, co er with water and parboil over lo heat for about 10 minutes. Drai and sauté sausage in a skillet unt cooked. Set aside.

In a small bowl sprinkle yea over water and stir briskly with fork to dissolve. In a large mixi bowl combine sugar, milk, butte and salt and stir until butter h melted and mixture has cooled lukewarm. Beat in eggs and t yeast mixture. Stir in 2 cups flo and beat 3 minutes at fast spe with an electric mixer or 150 har strokes with a wooden spoon. St mixer. Stir in the balance of t flour, a half cup at a time, first wi a spoon and then by hand. T dough will be a rough, shag mass, but it will clean the sides the bowl. Turn the dough onto lightly floured work surface a knead until dough is smooth a small blisters appear under su face. (Knead 6 minutes with dough hook on an electric mixer Place the dough back in the mi ing bowl and pat all over with bu tered or greased fingers to ke the surface from crusting. Cov

Continued on page 9

I passed up reducing sessions and lost 77 pounds.

By Jerrie Wooley — as told to Ruth L. McCarthy



Hardly a sitting-pretty pose, but at 197 lbs. this was my best angle.

Some things you can afford in life, and others you can't. Me? I couldn't afford to get fatter than 197 pounds. Nor did I have the money for those group sessions where they talk you into reducing. But I was determined to lose weight.

I'd been overweight for as long as I could remember. Fact is, I used to think I'd been born with a lot of "fat cells". But the real reason was I couldn't walk away from my mother's cooking. So by the time I got to eighth grade, I weighed near 160 pounds.

My mother finally took me to a doctor and he gave me reducing pills. They helped me lose some, so I could graduate in a "skinny" dress. But shortly after graduation, I gave up the pills and started eating and gaining all over again.

Why, I even got married fat. Young, too. At the age of seventeen. My life from then on was one diet and reducing pill after another.

At 170 pounds, after my second child was born, I developed bulging varicose veins — which called for an operation. "But not till you lose a lot of weight," the doctor warned. I got so discouraged at this point, I went home and eventually ate myself up to 197 pounds. It was terrible.



Now that I'm 120 lbs., it sure feels good to get into junior-size clothes.

Even my uncle who comes to visit us only once a year noticed it. "Are you staying in the kitchen because you're ashamed of how you look?" he yelled from the living room. That hurt. But that's what got me into action.

I'd been reading those ads about that reducing-plan candy, Ayds®, and when a nurse friend suggested I try them, I bought a box of the vanilla caramel kind at our local store.

I'm a great label reader. And when I read that Ayds contain vitamins and minerals, but no drugs, I started on the plan with hope. Stubbornness, too. I was determined to prove to my family I could lose weight without spending a lot of money on weekly sessions.

On the Ayds plan, I took one or two Ayds before meals with a hot drink and they really helped me cut back. However, it wasn't until I'd taken off 19 pounds that I realized how it showed. We were at my sister-in-law's for dinner and being from the country, she sets a big table. Well, I didn't want to insult her by turning down seconds, so I owned up to reducing. She said: "We kind of noticed you were losing" and didn't force me to eat after that.

Of course, my doctor was delighted. Losing over 70 pounds on the Ayds plan sure made my varicose veins operation easier. They had to wrap me in bandages from my thighs down, but at least they didn't need a crane to get me up.

When I finally got down to 120 pounds, I could hardly believe it myself. But the biggest thrill is to walk into a store and, thanks to the Ayds plan, now find racks of clothes that'll fit me.

Note: For a free, fact-filled 32-page booklet on overweight, its causes, and how Ayds works to help you lose weight, send 10c for postage/handling to Campana, Dept. HG-075, Batavia, Illinois 60510.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'1"	5'1"
Weight	197 lbs.	120 lbs.
Bust	42"	34"
Waist	34"	25½"
Hips	52"	34½"
Dress	20½	11

Yankee soul food
continued from page 90

GLAZED ONIONS

2 tablespoons butter
2 teaspoons sugar
2 cups frozen cooked onions, defrosted
salt and freshly ground pepper to taste

In a pan melt butter and add sugar and onions and quickly sauté until onions begin to brown, stirring with a spatula. Correct seasonings. Serves 6.

BIBB LETTUCE MIMOSA

4 heads Bibb lettuce, washed and crisped
1 egg yolk, hard-cooked and riced
⅓ cup salad oil
drop of olive oil
2 tablespoons lemon juice
salt and freshly ground white pepper
3 small avocados, halved

Toss the lettuce with egg yolk and a salad dressing made of salad oil, olive oil, lemon juice, and salt and freshly ground pepper to taste. Top the salad with small avocado halves. Serves 6.

RICE WITH PINE NUTS

¼ cup butter
2 tablespoons onion, minced
1 cup rice
2½ cups beef or chicken consommé
½ cup toasted pine nuts
¼ cup parsley, chopped
salt and pepper to taste

Preheat oven to 350°. In an ovenproof dish melt butter and sauté onion for 1 minute. Add rice and consommé and cover dish and bake for 45 minutes. Stir in pine nuts and parsley and correct seasonings. Serves 6.

CHEDDAR APPLE PIE

6 large Delicious apples or enough to pile apples high
1¼ cups sugar
½ cup plus 2 tablespoons flour
½ teaspoon cinnamon
1 teaspoon lemon peel, grated
⅛ teaspoon salt
1 unbaked pie shell
½ cup New York State sharp Cheddar cheese, grated
¼ cup melted butter
sour cream

Preheat oven to 400°. Peel, core, and slice apples thin. In a large bowl toss apples with 1 cup sugar, 2 tablespoons flour, cinnamon, lemon peel, salt and pour into pie shell. In a separate bowl mix remaining flour, sugar, cheese, butter; sprinkle over apple mixture. Bake 40 minutes. Serve warm with sour cream. Serves 6.

Italian party
continued from page 90

BAGNA CAUDA

½ cup butter, melted
½ cup olive oil
2 2-ounce tins flat anchovies, drained, rinsed, and coarsely chopped
3 cloves garlic, finely chopped
2 drops Tabasco

In a saucepan heat butter and oil over a low heat and add anchovies, garlic, and Tabasco and simmer mixture, stirring constantly; do not let mixture boil. When ready to serve, pour into an enamel saucepan, or a flameproof earthenware casserole over a chafing dish burner or a candle-warmer. Serve a variety of vegetables and breadsticks to dip into the hot sauce. Serves 8-10.

ROLLED BREAST OF VEAL WITH FRESH BASIL

1 pound ground raw shoulder veal
½ pound pork sausage meat
1 cup cream
2 tablespoons parsley, chopped fine
4 tablespoons mixed fresh herbs (chives, oregano, thyme, sage, rosemary, tarragon), to taste
salt and pepper, to taste
1 breast of veal, boned reserve bones
8 thin slices (about ¼ inch) boiled ham cut into thin strips, fat removed and set aside
1 cup white wine
2 cups hot veal or chicken stock

Preheat oven to 325°. Mix veal and sausage, cream, parsley, herbs, salt, pepper. Lay breast out flat on table, spread stuffing evenly over surface. Cover stuffing with ham strips, roll veal up, tie with string. Cover surface of veal with ham fat. Roast 1½-2 hours in shallow pan, with veal bones strewn around edges. When the meat starts to brown, baste with hot white wine and the hot veal and chicken stock frequently. Serves 8.

TRIFLE

6-8 macaroons
12-14 ladyfingers or pieces of spongecake
1¼ cups white wine
1 jar currant jelly
2 cups rich custard flavored with almond or lemon peel
2 pints heavy cream
4 tablespoons confectioners sugar
peel of 1 lemon
peel of 1 orange
decorations: candied violets, strawberries, marrons, almonds

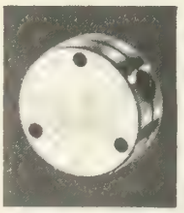
Continued on page 9



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Irresistible diet foods

continued from page 81

■ "Anyone dieting for cosmetic reasons should accept the fact that a low-calorie diet alone will not do much for inches; just as exercise alone does not do much for weight reduction, but you do need both!"

■ "Breakfast is a personal thing for most people, but I recommend fresh fruit or juice, 1 egg or 2 ounces cottage cheese, and 1 very thin slice dry toast to give a good start for the day."

■ "A demitasse cup of soup is a good pick-me-up. Keep one of beet yoghurt soup, for instance, in your refrigerator."

■ "Any salad dressing can be cut down with water to decrease calories. It is only the flavor you want anyhow, and a teaspoonful on a small salad is enough. Everyone has a tendency to overdress a salad."

■ "Use grated citrus fruit peel to flavor vegetables. Grated vegetables such as carrots, beets and radishes add both color and flavor to vegetable dishes."

Recipes

continued from page 81

and moist, not solid. Spoon the vegetables on a platter to form a ring, add the eggs and sprinkle a little Parmesan cheese over. Sprinkle with the parsley or chives. A garlic bud may be added to the vegetables if you wish, but remove before serving, and never before 10 in the morning. Surround with broiled thin slices of Canadian bacon. Serves 4. 119 calories per serving. Canadian bacon, 79 calories per 1-ounce slice.

BEET YOGHURT SOUP
in a demitasse

1 cup cooked beets, finely chopped
1 hard-cooked egg white, chopped
½ cup cucumber, finely chopped
4 green onions, finely chopped
¼ teaspoon dill weed
1 cup yoghurt
½ cup shrimp, finely chopped (optional)
2 tablespoons parsley, finely chopped
½ cup ice water
salt and pepper
lemon slices
ice cubes

Blend all ingredients, chill, and serve in cold cups with slice of lemon floating on top with an ice cube for each cup. Serves 8. 45 calories per serving.

COLD LEMON SOUFFLÉ

2 teaspoons unflavored gelatin
1¼ cups cold milk
2 egg yolks
¼ cup lemon juice
Pinch of salt
2 teaspoons sugar substitute (or more)
1 teaspoon grated lemon peel
¼ teaspoon lemon extract
2 egg whites

Soften gelatin in milk. Mix egg yolks, lemon juice, salt, and sugar substitute. Cook over hot water with the gelatin mixture until thickened. Remove, cool, add peel and extract. Beat egg whites until stiff, fold into the lemon mixture. Pour into mold and chill. Serves 8. 50 calories per serving.

MUSTARD DRESSING

1 cup plain yoghurt
1 heaping tablespoon Dijon mustard
few drops of lemon juice

Mix ingredients and serve with any salad. 140 calories per cup, 8½ calories per tablespoon.

EGGPLANT PROVENCALE

1 eggplant peeled and sliced in 1-inch-thick slices
2 cups fresh tomatoes, peeled, seeded, and chopped
1 cup onion, chopped and cooked
1 clove garlic, minced
pinch of thyme
4 tablespoons parsley, chopped
salt and pepper
Parmesan cheese

Put eggplant slices on a lightly oiled pan and broil about 8 minutes. Set aside. Sauté remaining vegetables and herbs and cook until thickened. Season with salt and pepper. Pile on top of the eggplant. Sprinkle with cheese and bake in 350° oven until hot and golden brown. Serves 8. 31 calories per serving.

APRICOT SPONGE

1 tablespoon unflavored gelatin
1 cup skim milk
2 eggs, separated
1 cup puréed water-packed apricots
1 teaspoon sugar substitute
½ teaspoon almond extract
Optional: soft custard, puréed fresh strawberries

Dissolve gelatin in milk. Beat egg yolks until lemon yellow and add to milk. Heat over hot water until gelatin is dissolved and mixture thickens. Remove, cool and add apricots, sugar substitute and almond extract. As it begins to congeal, fold in stiffly beaten egg whites. Pour into mold and chill. Unmold and serve with soft custard or puréed fresh strawberries if you wish. Serves 6. 59 calories per serving.

TANDOORI ROAST CHICKEN

3 cups plain yoghurt
6 cloves garlic, crushed
1½ tablespoons fresh ginger, grated
¾ cup lime juice
2 tablespoons coriander, ground
1 tablespoon cumin
1 teaspoon cayenne pepper
1 teaspoon powdered anise
2 1¾-pound broiler chickens
lime wedges
1 onion, sliced and steamed

Mix yoghurt, garlic, ginger, lime juice, and spices. Rub chickens inside and out with mixture. Place in a bowl and pour rest of marinade over. Cover and marinate in the refrigerator for 24 to 48 hours. Turn chickens if not completely covered, at least once. Preheat oven to 375°. Remove chickens from marinade, place in a pan and roast until done, about 1 hour. Baste with the marinade. Disjoint and serve with wedge of lime and onion. Do turkey the same way. Serves 8. Half chicken 185 calories; ¼ chicken 93 calories.

ZUCCHINI AND CHERRY TOMATOES WITH SESAME SEEDS

2 or 3 zucchini
1 tablespoon whipped margarine
2 tablespoons onion, finely chopped
½ clove garlic, finely chopped
½ cup cherry tomatoes, cut in half
salt and freshly ground pepper
1 tablespoon sesame seeds, toasted
2 tablespoons parsley, finely chopped

Wash and slice squash on the bias. Blanch with boiling water for 1 minute. Drain. Melt margarine, add onion and garlic. Sauté on medium high heat for 1 minute. Add squash. Cover and cook 2 minutes. Add tomatoes, cover and cook 30 seconds. Season, add sesame seeds and parsley. Toss gently and serve. Serves 4. 50 calories per serving.

CHOPPED VEGETABLE SALAD

1 head Romaine, finely chopped
¼ cup very crisp bacon, finely diced
2 tablespoons Roquefort cheese
3 tomatoes, peeled, seeded, and finely diced
1 avocado, peeled and diced
2 hard-cooked egg whites, chopped finely
1 tablespoon pimiento

Mix ingredients well and refrigerate. Serves 8. 90 calories per serving. Toss with *Pear Vinegar Dressing.*

PEAR VINEGAR DRESSING

¼ cup pear vinegar
½ cup safflower oil
1 teaspoon lemon juice
1 clove garlic, crushed
salt and freshly ground pepper

Mix ingredients well and let stand a few hours before using. Serves 8. 42 calories per tablespoon per person.

RICOTTA CHEESE PIE

2 tablespoons lemon juice
1 tablespoon unflavored gelatin
½ cup hot skim milk
1 teaspoon orange peel, grated
2 eggs, separated
2 teaspoons sugar substitute
2½ cups soft ricotta cheese
1 cup crushed ice
puréed fruit, optional

In a blender add juice and sprinkle gelatin on top. Add hot milk, orange peel, egg yolks, sugar substitute, and cheese. Whip at high speed for 2 minutes. Add ice and run at high speed until well blended. Beat egg whites until stiff. Fold into mixture. Chill in oblong pan or pie tin until firm. Serve next day. Cut in wedges or squares and serve with puréed fruit.

When strawberries are in season, cover with whole berries and pour puréed berries over and make in layer cake pans. Serves 12. 90 calories per serving.

BOUILLABAISSE

1 white onion, sliced thinly
2 leeks, sliced thinly
2 fresh ripe tomatoes, peeled, seeded, and chopped
1 quart water or fish stock if on hand
1 rib celery
1 carrot
few sprigs of parsley
1 piece orange peel
1 or more cloves garlic, crushed
1 bay leaf
pinch saffron
1 cup clam juice
¼ cup dry white wine
½ pound uncooked red snapper cut in 1-inch squares
¼ pound uncooked haddock or cod, cut in 1-inch squares
8 clams in shell
½ pound uncooked shrimp or lobster tail or both
salt and pepper
pinch of cayenne
parsley, chopped

In a large pot, mix the first 11 ingredients and simmer at medium heat until onions and leeks are tender, about 30 minutes. Add clam juice, wine, snapper, and haddock or cod. Cook for 10 min-

Continued on next page

continued from preceding page

utes. Add clams and shrimp or lobster or both and cook until clams open. Season with salt, pepper, and cayenne. Remove celery, carrot, garlic, and parsley. Add chopped parsley when served. Serves 4. 185 calories per serving

[illegible] squares fish, a little stock, and vegetables

FILLET OF SOLE ROULADE

1 thin slice fresh salmon, cut in 4 pieces
4 fillets of sole, 2-to 3-ounces each
½ cup white wine
½ cup water
4 slices lemon
arrowroot
1 teaspoon dill weed
salt and white pepper
lemon cups
capers

Lay the salmon on top of the sole and roll. Fasten with a toothpick and poach covered in half water, half dry white wine, slices of lemon, about 10 minutes or until fish flakes. Strain liquid, slightly thicken with arrowroot, 1 teaspoon to 1 cup of liquid. Add dill weed and season with salt and white pepper to taste. Garnish with lemon cups filled with capers. Serves 4. 96 calories per serving.

CINNAMON-AND-LEMON-ROASTED LEG OF VEAL, NATURAL JUICES

1¾ pound veal for roasting
1 teaspoon salt
¼ teaspoon white pepper
½ teaspoon cinnamon
grated rind of 2 lemons
juice of 2 lemons
½ cup dry white wine

Preheat oven to 350°. Rub veal with salt, pepper, and cinnamon and roast for 1 hour. Add rind and juice of lemons to pan and baste with white wine. Basting frequently, roast for 1 hour more or until a fork thrust into the meat comes out easily. Slice thin and serve with pan juices. Serves 10-12. 225 calories per serving of 2 ounces cooked veal. ■

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Thousands of readers answering our questionnaire have told us

how their households are liberated

When we invited readers to reply to our questionnaire "How liberated is your household?" last January, we wanted to open up a dialogue with them. And we certainly did. Thousands answered, many with letters expressing their feelings in depth and detail. These answers told us they are adjusting to changing roles, living on the leading edge of social trends. Most—almost three-quarters—feel their households are liberated in the way they want them liberated, they are satisfied with the division of labor and responsibility. "Our household is completely liberated in that there is *nothing* I wish to be liberated from in my lifestyle. I enjoy our home and everything I do in it and my husband feels the same. We're very lucky. . . ."

"We split duties. I cook, she washes up. She cooks, I wash. I do wish she would vacuum more—but then, it's more important to me than to her so. . . ."

"It takes a lot of learning to find out what your or your partner's priorities are—is a clean house more important than clean clothes or good food? Be cool till you learn."

"Our 'division' of labor has changed back and forth depending on outside responsibilities. What is true is not necessarily unchangeable."

"Satisfaction has evolved from years of refinement, heated 'discussions'—and we each still reserve the right to go on strike to get our points across."

"Being liberated is a state of mind, not an exercise in pursuing accomplishments outside the home. It's having the option of choosing. My choice has changed and I wish those who choose to accomplish outside would appreciate those of us who choose to accomplish inside the home."

And almost all of our readers report they are doing more at home especially—more crafts, more gardening, more cooking. A craftsroom or studio was the room most wanted by more than half, followed by a greenhouse or garden room and a home office.

Readers also report more sharing. Of financial responsibility—in more than half the households there are two incomes. Finances, credit cards, bank accounts are managed jointly in still more. Of decisions—whether it's the color of the rug or the move to a new house, they are made jointly in half the households. Even some sharing of chores—but less and with only a third able to count on paid help, this is the major source of dissatisfaction of those dissatisfied. "I am a feminist but because we can afford paid help to do the household dirty work, we have not been forced to change roles much."

"I wish other members of the family would do more without being asked."

"My husband doesn't notice what needs straightening or cleaning around the house. So although he is willing to help I always have to point out what needs to be done."

"Having been liberated for so many years—would just *love* the idea of being unliberated, to be taken care of and not have to shoulder half or many times most of the responsibilities, children, and business."

But even a great many who feel less than liberated see progress. "I want the children and my husband to participate more and am gradually training them."

"We're working toward a 50-50 sharing of care of children and house, and of earning the money."

"My family doesn't share enough chores or responsibility. We discuss it and we are slowly becoming a happier group of people."

Most agree that, as one put it, "it's not who does what, it's the attitude that matters."

prinkle in 2 ounces sugar and con-nue beating until stiff peaks are rmed.

Pour the hot mixture into a serv-g bowl and put beaten egg hites on top.

Make caramel by mixing 2 nces sugar with water and mon juice in a saucepan over low eat. Stir and boil until color turns olden. Turn off heat and spread, poonful by spoonful, over egg hites. Do not pour; caramel ould turn into a hard, thick ndy.

MONDAY DINNER
ABOUT:

Steak ($1.59 a pound)	*$1.20*
Blue cheese, 3 ounces	*.25*
Baked squash, frozen, 1 pack	*.29*
Vanilla	*.05*
Cornstarch	*.02*
Sugar, eggs, milk (included in week's staples)	
	$1.81

POACHED EGGS IN GELATIN

eggs
tablespoons cider vinegar
beef-flavored bouillon cube
envelope unflavored gelatin
mall leaf lettuce, shredded
small pieces thinly sliced ham
very thin slices tomato

oach eggs in boiling water with negar; cool in bowl of cold ater.

Put ⅞ cup water in saucepan; dd gelatin, previously dissolved ⅞ cup water and bouillon cube. ivide shredded lettuce between individual soufflé dishes and our in cooled gelatin mixture un-l they are half filled. Refrigerate. Vhen gelatin is starting to "take," lace poached egg, cover with am and tomato and cover with elatin to very edge of dish. Chill r 3 hours.

This poached egg can be over-rned on a bed of lettuce and mato, a piece of buttered toast, r it can be eaten with a spoon irectly from the dish.

HOMEBAKED CAKE

uick to make, easy to keep in tin and use at any time.
ounces sweet butter
ounces flour, presifted
ounces sugar
ounces eggs (5 large-size eggs are just about right)
ounces dried prunes

et butter soften in bowl and mix flour, sugar, and eggs. When atter is smooth and creamy, set side while greasing (with butter) nd flouring 9-inch cake pan. Pour half of batter and place dried runes on top. Cover with the rest of the batter, and smooth with rubber spatula.

Bake at 425° for first 15 minutes, at 400° for 10 minutes, and 350° for rest of time. Total baking time: 45-50 minutes.

Take out when cake is nicely browned and when a knife inserted in center comes out dry. Unmold after 5 minutes.

Note: This cake can be baked with many different kinds of dried fruit. It also turns out very nicely with chocolate chips and walnuts.

TUESDAY LUNCH,
ABOUT:

Eggs (in week's staples)	
Cake (in week's staples)	
Ham, lettuce, and tomato trim	*$0.20*
Gelatin (envelope costs 8c)	*.04*
2 bananas (21c a pound)	*.14*
	$0.38

SHOULDER PORK CHOPS WITH HERBS

2 pork chops
powdered herbs (oregano, marjoram, and thyme)
1 teaspoon lard
1 tablespoon butter
salt and pepper

Sprinkle pork chops with herbs and press so that particles will stick. Cool for 45 minutes. Melt lard in skillet and sauté chops until browned and finish cooking in broiler. Put a dash of butter on top of each chop before serving, after seasoning them with salt and pepper.

GREAT NORTHERN WHITE BEANS IN TOMATO SAUCE

6 ounces dried Great Northern white beans
1 beef bouillon cube
1 tablespoon olive oil
1 onion, chopped
1 10½-ounce can whole tomatoes
salt and pepper
1 bay leaf
garlic powder
oregano

Soak beans in the morning. Drain when ready to cook and pour into 1½ quarts boiling water with bouillon cube. If you have a leftover bone (for example, lamb shank bone) put it in the bean pot, too. Simmer for 35 minutes until the beans are tender.

While beans are boiling, heat olive oil in skillet. Cook onion until transparent, add whole tomatoes, salt, pepper, bay leaf, garlic powder, oregano. Break up tomatoes with wooden spoon and simmer for ½ hour.

Remove bone from beans, drain. Take bay leaf from tomato mixture, pour in beans, stir and serve.

TUESDAY DINNER,
ABOUT:

2 shoulder pork chops (89c a pound)	*$0.91*
Lard	*.02*
6 ounces white beans	*.17*
Tomatoes	*.21*
½ pineapple	*.18*
Kirsch	*.20*
	$1.69

POTATO AND BOLOGNA SALAD

3 medium-sized cooked potatoes
4 slices bologna
1 small pickle

Dice potatoes and bologna. Mix in chopped pickle and dressing (2 tablespoons Dijon mustard, 1 tablespoon wine vinegar, 3 tablespoons vegetable oil).

WEDNESDAY LUNCH,
ABOUT:

Pickle	*$0.02*
Potatoes	*.07*
Bologna (in week's staples)	
Fresh pears, two	*.22*
	$0.31

BREAST OF VEAL AMERICAINE

1½ pounds breast of veal, cut into long thin chops by butcher
2 tablespoons olive oil
1 onion, finely chopped
1 10-ounce can tomatoes
1 tablespoon tomato paste
pinch of dried parsley
1 bay leaf
pinch of marjoram leaves
dash of garlic powder
½ cup dry white wine
salt and pepper
cayenne

Sauté breast of veal in olive oil over low heat; remove and replace with finely chopped onion. When transparent, add tomatoes, tomato paste, parsley, bay leaf, and marjoram tied into a bundle, dash of garlic powder. Put meat back; pour in white wine. Sprinkle salt, pepper, and cayenne to taste. Cover and cook slowly 1 hour.

WEDNESDAY DINNER,
ABOUT:

Breast of veal (99c a pound)	*$1.50*
Rice (2 cups cooked)	*.11*
Tomatoes (10-ounce can)	*.21*
Fennel	*.39*
2 bananas	*.14*
Tomato paste	*.05*
White wine	*.15*
	$2.55

SALMON, CELERY, AND CORN SALAD

7½-ounce can salmon
juice of ½ lemon

Continued on next page



8½-ounce can corn, drained
small stalk celery, chopped
dash Tabasco sauce
vinegar, oil, and Dijon mustard dressing

Drain salmon, crush with fork and mix in lemon juice. Mix in drained corn and celery. Add Tabasco sauce and dressing.

THURSDAY LUNCH, ABOUT:

Can salmon	*$0.83*
staples)	
Walnuts, currants (in week's staples)	
Corn	*.20*
	$1.03

BEEF AU GRATIN

1 tablespoon lard
3½ pounds chopped beef
3 small onions, chopped
1 15-ounce can tomato sauce
salt and pepper
garlic powder
4 fistfuls currants
dash nutmeg
2 2/3 cups potato flakes
1/3 cup milk
3 ounces grated Swiss cheese
3 ounces bread crumbs

Melt lard in a large skillet, sauté onions till transparent, then put in meat. (If your skillet is not big enough to hold all the meat, handle onions and meat half at a time.) Brown a little, add tomato sauce, salt, pepper, and garlic powder. Cook until meat is medium rare. Add currants, a dash of nutmeg. Turn off heat. While meat is cooking combine milk and potato flakes.

Put meat in oven dish and cover with mashed potatoes. Sprinkle with mixture of grated Swiss cheese and bread crumbs. Put into 250° oven (low) for 30 minutes.

LEMON TART

For pastry dough
3 ounces butter
7 ounces flour
1 tablespoon vegetable oil
pinch salt
3 teaspoons water
2 tablespoons sugar
For custard
5 eggs, well beaten (by hand)
1 large lemon
¼ teaspoon lemon extract
1⅛ cups sugar
1 cup sour cream
whipped cream topping

Pastry dough: Take butter from refrigerator, let soften. Put on mound of flour; add oil and salt. Dilute sugar in water, set aside.

Mix butter, flour, oil, and salt by hand. Add water and sugar. Shape into a ball, handling as little as possible. Let rest 45 minutes.

For custard: Mix all ingredients by hand.

Roll out dough to fit a round, 11-inch, porcelain, oven-proof dish. Wrap dough around rolling pin and place in dish. This pastry breaks easily. Pick up any broken pieces, patch firmly into place. They will mend during cooking.

Pour in custard, bake in preheated 300° oven 45 minutes. Serve with whipped cream topping.

THURSDAY DINNER, ABOUT:

Chopped beef, 85c	*$2.98*
Lard	*.02*
Tomato sauce	*.53*
Potato flakes	*.43*
Eggs, grated Swiss cheese (in week's staples)	
3 onions	*.07*
Lemon extract	*.05*
Sour cream	*.35*
Currants (in week's staples)	
3 bottles Beaujolais Primeur '74 ($1.56 a bottle)	*$4.68*
	$8.93

FRIDAY LUNCH, ABOUT:

Chicken thighs (79c a pound)	*$0.80*
Tomato	*.11*
	$0.91

CURRIED CODFISH

1-pound package frozen codfish
salt and pepper
1 tablespoon vegetable or olive oil
1 medium-sized onion, chopped
8 ounces sour cream
1½ tablespoons curry powder

Pat defrosted fillets dry with paper towel. Salt and pepper both sides.

Heat 1 tablespoon oil in cast-iron oven dish. Add chopped onion; when onion is transparent, take off heat. Put fillets on top of onion and cover with sour cream that has been mixed with curry powder and a dash of salt. Put into hot oven (400°) for 30 minutes, but as soon as contents reach the boiling point, keep oven door slightly ajar to finish cooking.

CHOPPED SPINACH

Boil according to directions on package, adding bouillon cube (beef) to water. It improves taste.

FRIDAY DINNER, ABOUT:

1 pound frozen codfish	*$1.09*
1 medium-sized onion (15c a pound)	*.02*
1 pack frozen spinach, 3 for 49c	*.17*
1 carton sour cream	*.33*
½ pint raspberry sherbet	*.45*
	$2.06

CHICKPEA SALAD

1 10½-ounce can chickpeas (or 3½ ounces, dried)
½ onion, chopped
1 stalk celery, chopped
1 7½-ounce can tuna flakes
4 Boston lettuce or escarole leaves
1 hard-cooked egg
1 tomato
2 radishes
black olives (optional)

Pour canned peas into strainer and rinse under cold-water until bubbles stop. Chop onion and celery and put into olive oil, mustard, and vinegar dressing. Add peas and tuna. Let stand for 30 minutes, stirring occasionally.

Pour into bowl that has shredded lettuce at bottom; decorate with sliced egg, tomato, and radishes (and olives). Toss with dressing and serve.

SATURDAY LUNCH, ABOUT:

10½-ounce can chickpeas	*$0.29*
Tuna flakes	*.49*
Tomato	*.15*
Grapes (49c a pound)	*.36*
	$1.29

BAKED ZUCCHINI AND RICE

1 pound zucchini
½ cup rice
6 ounces sour cream
3 ounces grated Swiss cheese
2 eggs
salt and pepper

Peel and cut zucchini into thick slices and put in boiling salted water, cooking until tender. Drain and press out excess liquid with back of fork. Pour into oven dish and sprinkle with ½ cup rice. Handbeat sour cream and grated cheese into eggs and pour over zucchini mixing with a fork. Season to taste. Cook at 350° for 40 minutes until golden brown.

SLICED ORANGES

2 oranges
1 tablespoon sugar
1 tablespoon orange brandy

Cut oranges into thin slices; take out seeds and pour with juice into serving dish. Mix in sugar and brandy and cool for 1 hour.

SATURDAY DINNER, ABOUT:

1 pound zucchini	*$0.49*
Sour cream	*.33*
2 eggs (in week's staples)	
½ cup uncooked rice	*.08*
Orange brandy	*.15*
	$1.05

CHICKEN WITH NOODLES AU GRATIN

1 carrot, chopped
1 onion, chopped
1 potato, chopped
1 stalk celery, chopped
1 turnip, chopped
3 chicken thighs
2 small onions
6 ounces mushrooms
1 tablespoon butter
1 teaspoon lemon juice
8 ounces egg noodles
3½ ounces sour cream
salt and pepper
1 ounce grated Swiss cheese

Heat 1 quart salted water and add chopped soup vegetables and chicken thighs. Take out chicken when thoroughly cooked and set aside vegetables and bouillon to serve as soup in the evening.

Let chicken cool and cut into strips and set aside. Chop onions and mushrooms and sauté in 1 tablespoon butter and a few drops lemon juice until water from mushrooms has evaporated.

Cook noodles and set aside, taking care to keep 1 full cup separate.

Add progressively to sautéed mushrooms and onions: sour cream, salt, pepper, a few drops lemon juice, chicken, and noodles (except for separate cup). Mix and pour into buttered oven dish; cover with cup of plain noodles. Sprinkle cheese on top. Cook for 20 minutes at 400°.

CHOCOLATE PUDDING

3 ounces sugar
7 ounces semisweet chocolate chips
3½ cups milk
1½ ounces butter
⅝ ounce flour
4 tablespoons orange brandy
whipped cream topping

In double boiler, melt sugar and chocolate chips in hot milk. In a saucepan, melt butter over low heat and add flour. Cook and stir for 2-3 minutes.

Gradually pour in sugar-chocolate-milk mixture, stirring. Cook for 10 minutes, stirring often. Add orange brandy. Pour into serving dish; chill and serve with whipped cream topping.

SUNDAY LUNCH, ABOUT:

1 pound chicken thighs	*$0.79*
Mushrooms	*.59*
Vegetables	*.18*
Sour cream	*.17*
Noodles	*.33*
Chocolate pudding	*.50*
2 bottles rosé wine at $1.19 a bottle	*2.38*
	$4.94

SUNDAY DINNER, ABOUT:

Vegetables for soup in lunch total	
Cold cuts (in week's staples)	
2 apples for applesauce	*.25*
	$0.25

BREAKFASTS

MONDAY: Fresh orange juice; poached eggs on buttered toast; coffee or tea.

TUESDAY: Fresh grapefruit juice; Swiss cheese on buttered toast; coffee or tea.

WEDNESDAY: ½ grapefruit; soft-boiled eggs; toast, butter, jelly; coffee or tea.

THURSDAY: Fresh orange juice; hot oatmeal with sugar; toast, butter, jelly; coffee or tea.

FRIDAY: Prune compote; corn flakes with sugar and currants; coffee or tea.

SATURDAY: Scrambled eggs and bacon; toast, butter, jelly; coffee or tea.

SUNDAY: Dry cereal with tangerine sections; toast, butter, jelly; coffee or tea. ■

talian party *continued from page 92*

ace macaroons on the bottom of large glass or pretty porcelain wl. Place ladyfingers or sponge-ke on the sides of the bowl nding upright. Pour 1 cup nite wine over the macaroons d ladyfingers or spongecake. In saucepan melt jelly over low at. Pour custard over maca-ons. In a bowl beat cream until ff and add remaining white ne, sugar, and lemon peel and set mixture aside.

Pour a layer of jelly over the custard in the bowl and add another layer of ladyfingers and whipped cream. Continue to layer alternating whipped cream, ladyfingers, and jelly ending with a layer of whipped cream. Sprinkle on the orange peel and refrigerate overnight. Decorate with violets, strawberries, marrons, or almonds. Serves 10. ■

asy breads *continued from page 90*

wl tightly with plastic wrap and ve in warm place (80-85°) un-dough has risen to about twice original size. Punch dough wn and turn it out of the bowl. ead it briefly, and flatten. read half the sausage pieces on e dough and fold them into the ss. Knead for 1-2 minutes. Flat-n the dough again and spread e balance of the sausage bits on e dough. Continue to knead the ugh until the sausage bits are iformly scattered throughout e bread. Divide the dough into pieces and shape both into flat nd loaves. Press them into bot-ns of 2, 8-inch buttered pie ns. Cover tins with wax paper d return loaves to warm place til the dough has doubled again bulk. Preheat oven to 375°. ke loaves in the oven 40 min-es until they are a rich brown lor and the bottom crust yields ard hollow sound when tapped. move the bread from the oven d pans. Place it on metal racks cool thoroughly before slicing. oaves.

RAIDED BUTTERMILK BREAD

½ cups all-purpose flour, approximately
packages dry yeast
cup buttermilk
cup water
tablespoons shortening
tablespoons sugar
tablespoon salt
arm water
ppy seeds, optional
same seeds, optional
tter

a large mixing bowl stir to-ther 2 cups flour and yeast. In a ucepan combine buttermilk, wa-, shortening, sugar, and salt and ace over low heat until warm 20-130°). If the buttermilk curdles, don't be concerned. Add liquid to flour mixture and beat with an electric mixer ½ minute at low speed. Scrape the sides of the bowl. At high speed, beat for 3 minutes. Stop the mixer. Stir in the balance of the flour, a half a cup at a time, first with a spoon and then by hand, until a soft dough is formed. Turn the dough onto a heavily floured work surface and knead 8 minutes (6 minutes with a dough hook) until dough is smooth and elastic. Form into a ball, cover with a tent of wax paper or towel and let rest for 20 minutes. Punch down the dough and knead 30 seconds to press out the bubbles. Divide the dough into 6 equal parts, roll each into a 14-inch-long rope. Lay 3 ropes side-by-side and weave them into a thick braid. Pinch the ends together and turn under slightly. Repeat with second piece. Place on a buttered baking sheet. Place a length of wax paper over the loaves and put them in a warm spot (80-85°) to rise until doubled in size, about 45 minutes. After the dough has risen for 25 minutes, brush with warm water and leave for remaining 20 minutes. Preheat oven to 400°. If you wish, brush loaves again with warm water and sprinkle with sesame or poppy seeds or both. Bake in the oven for 30 minutes. Shift loaves around for even baking and bake for another 15 minutes, or until loaves are golden brown. Test one loaf by tapping bottom crust with a forefinger. A hard hollow sound means bread is baked. If not, return to oven for 10 minutes. Remove loaves from oven, brush with water immediately. Place on a wire rack to cool. 2 1-pound loaves. ■

anning, Pickling *continued from page 88*

ASPARAGUS

out 4 pounds asparagus, washed, trimmed, cut in 1-inch pieces
teaspoon salt
iling water

Pack asparagus pieces in hot sterilized jars leaving ½-inch headspace. Add salt. Cover with water, again leaving ½-inch headspace. Adjust lids and process in a pressure canner for 30 minutes at 10 pounds. 1 quart.

CRANBERRY CATSUP

from Aileen Knobloch

4 pounds cranberries
2½ cups water
2½ cups vinegar
2 teaspoons cloves
2 teaspoons allspice
½ teaspoon mace
1 stick cinnamon
3 cups brown sugar

In a large kettle add all ingredients except sugar. Simmer mixture until fruit is soft. Rub mixture through a sieve. Return mixture to kettle and add sugar and cook until thick. Seal in sterilized jars. Makes 3 pints.

PLUM GUMBO

by Mollie E. C. Webster

3 pounds ripe plums, cleaned and pitted
1 pound seeded raisins, chopped
2 oranges, sliced thin (leave skin on)
3 pounds sugar
pinch of salt

In a large heavy saucepan place fruits, sugar, and salt and slowly cook until the sugar dissolves; bring to the boiling point and stir mixture constantly until it begins to stick. After 15 minutes put a small amount of the jam on a small plate, chill as quickly as possible. If jam crinkles when touched, it is ready to be poured into jars. If it does not crinkle, continue to cook for another 10 minutes or until test sets. Pour jam into sterilized jars. Cool. Cover jars and tie down and label. Making gumbo in small amounts preserves its fresh flavor and color. Makes 8 6-ounce jars.

APPLE CHILI SAUCE

from Aileen Knobloch

4 pounds apples, cored, peeled, and finely chopped
4 pounds tomatoes, stemmed, peeled, and finely chopped
1 pound onions, peeled, sliced, and finely chopped
1 pound sweet green and red peppers, stemmed, seeded, and finely chopped
spice bag: 2 tablespoons whole all-spice, 1 tablespoon whole cloves, 1 stick cinnamon
2 cups cider vinegar
1 cup sugar
2 tablespoons mustard seed
1 tablespoon salt
optional: about 1 tablespoon dry mustard and/or pepper

Place in a large kettle all fruits, vegetables, and spice bag and cook, uncovered, for 1½-2 hours, stirring often. Add vinegar, sugar, mustard seed, and salt and cook until mixture is quite thick. Taste while cooking, and if a sharper flavor is desired, add dry mustard or pepper or both. Pour into sterilized jars, seal. Makes 5-6 pints.

TOMATO SAUCE

from Peter Birnbaum

6 stalks celery, coarsely chopped
3 large carrots, coarsely chopped
2 onions, coarsely chopped
3 pounds tomatoes (Italian plum tomatoes, if possible), halved
5 tablespoons olive oil
salt, to taste
pepper, to taste
rosemary, to taste
oregano, to taste

In a large kettle add ingredients and cook for ½ hour. Pass mixture through a food mill (coarse disk) and return to kettle. Bring to the boil and fill hot sterilized jars. About 2½ pints.

CHINESE PEAR PRESERVES

6 fresh California Bartlett pears pared, quartered, and cored
3 cups sugar
¼ cup chopped crystallized ginger
3 tablespoons lemon juice

Cut pears crosswise into thin slices to make 4 cups. In a saucepan, alternate layers of pear slices, sugar, and ginger; drizzle with lemon juice. Cover pan and let stand 4 hours or overnight. Cook slowly uncovered, about 1½ hours until pears are transparent and syrup thick. Pour into sterilized jars, seal. Makes about 1½ pints.

CHAMPAGNE ORANGE JELLY

1 cup orange juice
1 cup Great Western New York State Extra Dry Champagne
3 cups sugar
6 ounces (½ bottle) fruit pectin

In a medium-sized saucepan combine orange juice, champagne, and sugar and bring to a full rolling boil stirring constantly. Add the pectin and bring to the boil again. Remove the pan from heat and skim off any foam that exists. Pour the jelly into 4 sterilized 8-ounce glasses.

FRESH NECTARINE JAM

1½-2 pounds fresh California nectarines
¼ cup lime juice
1 8-ounce can applesauce
1 package powdered pectin (1¾ ounces)
5½ cups sugar
paraffin

Rinse nectarines, remove pits and chop unpared fruit to measure 3 cups. Place fruit in a saucepan with lime juice, applesauce, and powdered pectin. Bring mixture to a hard boil over high heat and add sugar, and bring to a hard boil and boil for 1 minute. Remove pan from heat. Skim off foam. Stir mixture occasionally and skim for 5 minutes. Ladle into jars and top with melted paraffin. Makes 5 8-ounce glasses. ■

Shopping Information

All prices approximate. *Consult your interior designer or store decorating department. Postage indicated by ( ).

SUMMER DAYS

Pages 38–39:

Luxury Motor Home: $29,000. By General Motors.

Wall-mounted TV: 42" x 30" high, color. $795. Sony Trinitron. At Hammacher Schlemmer.

"Ara" daybed: 81" x 30" x 56" high, natural finish wood slats, polyurethane and Dacron cushions covered with silk. Designed by Lella and Massimo Vignelli.

Needlepoint zebra rug: handmade by Robert Taylor. $485 est. materials.

Lounge chair and ottoman: beech frame, canvas sling seats and back, canvas head pillow. Chair, $247; ottoman, $78. Designed by Lauge Vestergaard for Cado Royal System. At Murray Lipton, New York.

"Living Bed": 94" x 78" x 17" high, lacquered wood, cushions of polyurethane covered in red and white stripes. Designed by Ahti Taskinen.

Nesting bowls: Lacebrown by Roy Hamilton. $85. At The Beach Plum.

"Comfort" shower: plastic shower with steel hardware, adaptable to indoor plumbing systems or outdoor drains, in white or orange. $250. By Anderstorps. Imported from Sweden by Seabon Scandinavian Imports.

BATHS

Pages 60–61:

"Il Bagno" cylindrical shower: resin glass reinforced monomer metacrylate resists chipping, flaking, and rusting, available in black, white, red, beige, avocado, gold, and blue. Designed by Fabio Lenci, imported by Hastings Tile.

"Ultra Bath" bathing pool: 5′ long, "Stan-Sure" slip-resistant surface, built-in lumbar support, beveled headrest, vinyl strips provided for corner or recessed installation. By American Standard.

Background wall fabric: "Menton" cotton fabric, 54" wide, Zepel finish; **handkerchief border:** "Toulon" cotton fabric, 54" wide, Zepel finish. **Sofa upholstery and curtains:** "Menton" cotton fabric, 54" wide, Zepel finish. $6 a yard. By Bloomcraft. At Lord & Taylor.

Upholstered armchair: $350; **antique French walnut side chair:** $195; **étagère:** imported from Korea, $475; **brown stain rattan table:** $100; **French brass planter:** $300; **caned settee:** antique imported from Portugal, $2100; **antique porcelain jars:** $695 a pair; **pair of étagères by fireplace wall:** $365 each, by Tropi-Cal. **Mahogany oval desk:** 48" x 32" x 30" high, $475, by Holland. **Mahogany piecrust table:** 30" x 29" high, $330; **oval gold framed mirror:** $185, by La Barge; **mirror:** $285, by Sarreid Ltd.; **handmade Greek rugs:** 3′ x 9′, $475; 9′ x 12′, $1995. By Helios. All at Lord & Taylor.

Page 64:

1. **Portable whirlpool bath:** in white only with matching chrome accented side panels. $325. Write to Jacuzzi Research, Inc., 1440 San Pablo Ave., Berkeley, Cal. 94702 for address of nearest dealer.

2. **"Set to Go" electric hairsetter:** 5 "Kindness" tangle-free rollers, no water or lotions necessary. $16.50. By Clairol.

3. **Enamel and chrome bathroom fixtures:** faucet sets include all necessary connections, drains, traps, adaptable to American plumbing systems, brochures available upon request. Write Fearless Faucets, 205 E. 63rd St., New York, N.Y. 10021

4. **"Brenda" vitreous china wash basin:** 20" x 16", matches House & Garden Oyster White. By Eljer Plumbingware Division of Wallace Murray Corp.

5. **"The Daisy" 3-in-1 convertible shower:** $23 for handset; $35 to $48 with hose, adapter, and wall mounting. Write Interbath, 3231 N. Durfee Ave., El Monte, Cal. 91732.

6. **Nylon hooks:** left to right, green grab handle, $9.10; 4" wall hook, $7.90; 2" wall hook, $3.50; ceiling hook, $3.75; 3-pronged hook, $5.25; hat and coat hook, $5; single coat hook, $2.50; in red, white, blue, green, yellow, black, gray, and ivory. Write The Ironmonger, 446 N. Wells St., Chicago, Ill. 60610.

7. **"Hi-Lo" recliner:** 4 position recliner, chrome casters, white vinyl upholstery, independent head and foot rest. $290. By La-Z-Boy. **Deluxe Combination Sun/Heat Lamp:** available in floor and table models, quartz type bulb, goggles included. $59.95. By Norelco.

8. **"Ellisse" pedestal lavatory:** 31½" high, 26¾" wide; in brown, blue, bayberry, gold, bone, fawn beige, or white. By American Standard.

9. **"Pro 700" pistol dryer:** 700 watts, 7½" long, wing-tip detachable airflow concentrator, stand for hands-free blow drying. $21.98. By General Electric.

COLOR-CODED KITCHEN

Pages 74–77:

Vinyl tile: 12" sq. x ⅛" thick, parchment finish in solid canary, deep blue, and black. From Herbert Bright Ltd.*

Backsplashes and countertops: Micarta laminated plastic in House & Garden Sun Yellow and Ultramarine Blue. By Westinghouse Decorative Micarta.

Multi Groove surface lights: 13 used, $68 each; **Multi Groove recessed lights:** 6 used, $79 each. By Lightolier.

Paint: Sat-N-Hue paint to match House & Garden Sun Yellow and Ultramarine Blue. By True Value Hardware Stores.

St. Charles cabinets: textured enamel steel in Berry Red, a match to House & Garden Pompeiian Red; ¼" diam. aluminum wire pull with polished chrome finish. By St. Charles Manufacturing.

Built-in dishwasher: 24" x 25" x 34¾" high, 6 cycles, total random loading of baskets, disposo-drain eliminates hand rinsing, rinse dispenser. $488. By Waste King Universal.

Food waste disposer: under sink (not shown), stainless steel. $114.75. By Waste King Universal.

Smooth cooktop: 45" x 21¾" wide, 4 surface heating units, indicator and caution lights, seamless construction with stainless mounting rim for easy cleaning, "Griddle 'n Grill" barbecue, griddle and warming surface. $599. By Thermador.

Built-in bread and food toaster: 15⅜" x 9½" x 3 11/16" deep, oversized toasting slot, removable for cleaning, automatic safety switch shuts off current when toaster is in closed position. $74. By Thermador.

Thermatronic Microwave Oven/Stay-Hot Oven/Self-Cleaning Oven: 25⅜" x 23¼" x 55⅞" high overall dimensions; **microwave oven:** with browning element, stainless interior, removable adjustable shelf, pushbutton controls located on black glass panel; **Stay-Hot oven:** warms without overcooking, Crisp and Moist settings, controls on microwave panel; **Self-Cleaning oven:** conventional cooking with pyrolytic self-cleaning, controls on upper panel. $1500. By Thermador.

Built-in electric can opener: 6¾" x 8⅜", mounts into wall or cabinet, cutting wheel snaps off for cleaning. $48. By Thermador.

Venting exhaust system: dual centrifugal blower wheels housed in venting system. $64. By Thermador.

Built-in "Side-by-Side" refrigerator/freezer: 48" x 24" x 84" high; refrigerator 19.6 cu. ft.; freezer, 12.4 cu. ft.; automatic ice maker; portable egg container; tall bottle storage; extra large crispers; red and white checked plastic laminated fabric optional on interior shelves and drawers. $1400. By Sub-Zero Freezer.

"Trieste" sink: 43" x 22", 3 compartments, disposal drain in center; **"Centura" single lever faucet:** 9" polished chrome swing spout, hose and spray. Sink and faucet by Kohler.

"Space Mates" washer/dryer: 26⅞" x 26 11/16" x 68½" high, needs 27" floor space, "Weigh-to-Save" loading door has built-in scale, which registers size of wash, sets Water Saver control, pull-out Hanger Rod hidden in top of dryer; washer has 3 wash and 2 rinse temperature settings; dryer has 4 temperature settings. By White/Westinghouse.

Venette Mark II horizontal blinds: 1" slats of polished aluminum with braided ladder tape of polyester yarn, available in dozens of colors. 86½" x 56" high, $96.35; 96½" x 56" high, $109.65. By Acme-Artforge, Inc. At Marshall Field.

ACCESSORIES

Black Formica Parsons table: 30" x 48" x 29" high. $139; **four museum side chairs:** cane seat and back on bent chrome frame. $79 each. At The Storehouse.

Kitchenwall scale: 8½" sq. white plastic fold-up platform, measures in grams and ounces up to 7 lbs. $16. By Hanson Scale. At Macy's.

Magnetic message board: shown over telephone, $25. By Lauffer/Portfolio. At Robert Buchner.

"Lunar I" portable black and white TV: 5" screen, lighted digital clock. $159.95. By RCA.

Antique cast-iron butcher's sign: one-of-a-kind. $275. From Oldwick Antiques.

White fruit bowl on table: $6.50; **yellow cylinder vase on counter by sink:** $8. Both Crayonne by Janus 2. At Design Research.

2½-quart blue teakettle on cooktop: $27. By Copco. At Bloomingdale's.

Bottom photo

Overhead cabinets: top shelf, **red plastic mugs:** $17 set of 8, by Morgan Designs. At Burdine's. 2nd shelf, **white plastic mugs and saucers:** $10 set of 6, by Heller Designs. At Bloomingdale's.

2nd cabinet: top shelf, **"Luna" dessert bowls and saucers:** $4 and $3, by Arabia. At Design Research. 2nd shelf, **water goblets:** $10, by Wilton Armetale. At Georg Jensen.

3rd cabinet: top shelf, **bamboo lace basket:** $8, from Primitive Artisan. 2nd shelf, **16-quart aluminum pressure canner/cooker:** $59.95, by Mirro. **6-quart stainless pressure cooker:** $33, by Presto. **4th cabinet:** top shelf, **acrylic apple baskets with handles:** $12 each, by Two's Company. **Deluxe French Fry cutter:** $6.50, by Ekco. 2nd shelf, **1-quart paté terrine:** $22.95, by Le Creuset. At Jordan Marsh. **Two 1-quart saucepans:** $11 each, by Revere. **1 ½-quart glass saucepan with cover:** $29.50, by Gense. At Georg Jensen.

Inside 3rd cabinet: 30-cup aluminum percolator. $27.50, by Sunbeam. **7-quart glass Rumtopf:** $20, at Gourmet World.

Inside cabinet 4: 4 nesting baskets with handles. $30 the set, at Basket Barn.

Page 75:

White fruit bowl on counter: by Crayonne.

Tablesetting

Nathanial Austin Series dinnerware: dinner plate, $11; salad plate, $10. By Wilton Armetale. At Georg Jensen.

Glass onion soup bowls with covers: $12.50 set of 2. At Bloomingdale's. **"Mono Rings" black-handled flatware:** $80 per place setting. By Hessische. At Rosenthal Studio-Haus.

Black and white checked napkins: $1 each. By Hallie St. Mary. At Marné House of Linens.

"Helmi" goblets and red wine glasses: $8.50 and $8 each. By Arabia. **Crystal salt and pepper grinders:** $13.50 and $17.50 each. By Royal Krona of Sweden Ltd. At Rosenthal Studio-Haus.

6-quart Dutch oven on counter: $24. By Revere.

"Stolzle" oil and vinegar cruets: $24 each. By Lauffer/Portfolio. At Designe Shoppe.

Glass salad bowl: $36. By Royal Krona of Sweden. At The Crystal Gallery.

Page 76:

"Coalport Countryware" dinnerware: shown over dishwasher, dinner plates, $11 each; salad plates, $7.25 each; leafage bowl, $13.50. By Wedgwood. At Bloomingdale's.

"Helmi" water goblets: $8.50 each. By Arabia. At Design Research.

3-quart glass saucepan on cooktop: $37.50. By Gense. Georg Jensen.

2nd shelf under cooktop storage: saucepans—4-qt., $18; 3-qt., $15.50; 2-qt., $14; **3rd shelf:** 5-qt. stockpot, $19.50; Dutch oven, $24. By Revere. 2-qt. blue saucepan, $28; 5-qt. blue casserole, $40. By Copco. At Bloomingdale's.

Canning jars: 2-qt. capacity. By Ball.

Dish towel: by Fallani & Cohn.

Acrylic cookbook stand: $8. By Two's Company.

Page 77:

China storage—left cabinet

Top shelf: **yellow plastic cylinders:** $8. Crayonne by Janus 2. **"Pillivuyt" 8-cup coffeepot:** $25, at Jordan Marsh. 2nd shelf, **wood salt mill:** $5, at Jordan Marsh. **"Stolzle" glass sugar jar:** $23; **"Stolzle" glass jam jar:** $27. Both by Lauffer/Portfolio, at Designe Shoppe. **Crystal salt and pepper grinder:** by Royal Krona of Sweden, at Rosenthal Studio-Haus. **"Coalport Countryware" soup tureen with stand:** $115; **cream soup cups and saucers:** $15.50 each. $30 per 5-piece place setting of china. By Wedgwood, at Bloomingdale's. 4th shelf, **"Lunar Yellow Cabbage" dinnerware:** dinner plates, $4.50 each; salad plates, $4 each, at B. Altman & Co. **"Coalport Countryware" leafage bowl:** $13; salad and dinner plates. By Wedgwood, at Bloomingdale's. **Covered glass onion soup bowls:** $12.50 for 2, at Bloomingdale's. 6th shelf, **"Lunar Yellow Cabbage" cups and saucers:** $4.50, at Altman's. **"Coalport Countryware" cups and saucers:** $12. By Wedgwood, at Bloomingdale's. 7th shelf, **"Coalport Countryware" saucers:** by Wedgwood; **"Lunar Yellow Cabbage" saucers:** at Altman's; **glass salad bowl:** by Royal Krona of Sweden; 8th shelf, **white covered onion soup bowls:** $5 each. 9th shelf, **trays:** small, $2.50; medium, $3.95; large, $4.50. At Design Research.

China storage—right cabinet

Top shelf: ice bucket: $30. By Morgan Designs, at Burdine's. **"Aero-**

(Continued on page 137)



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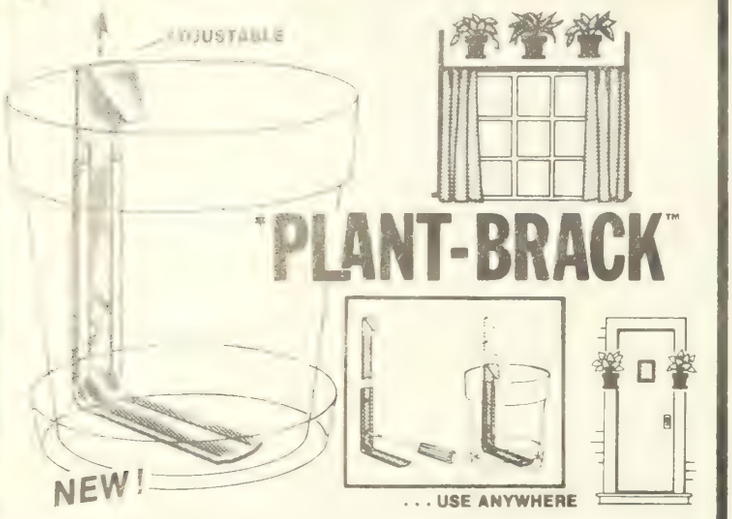
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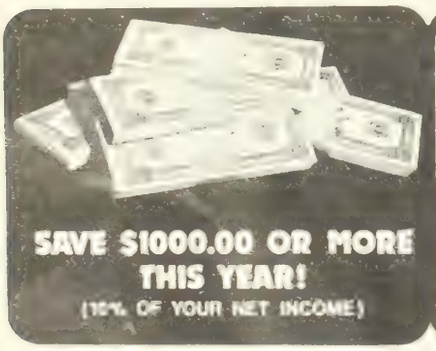
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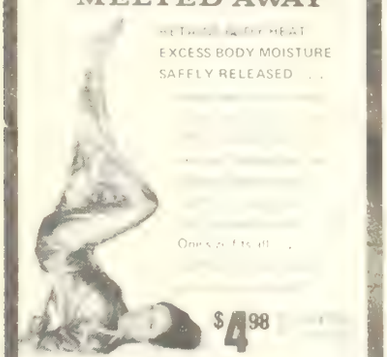
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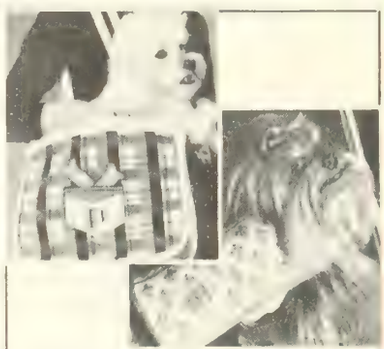


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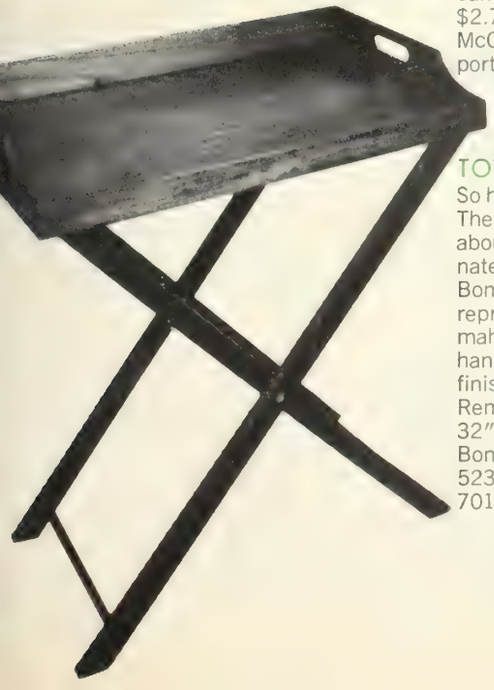
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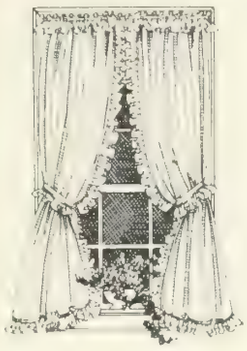


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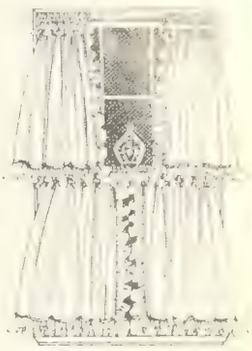
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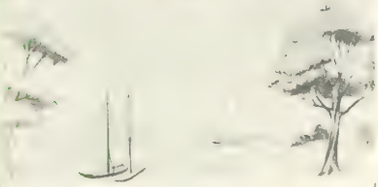
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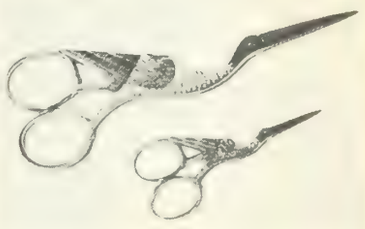
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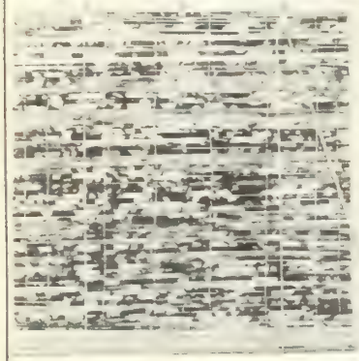
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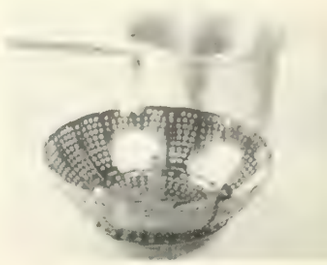
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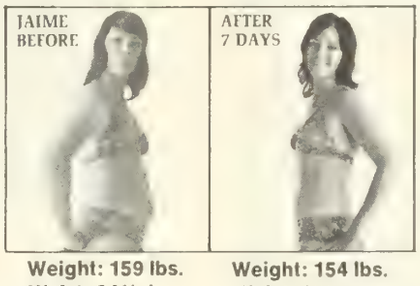
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EXPERTS AND CUSTOMERS AGREE:
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Scientific reports and many of our 600,000 customers inform us that sauna wraps, inflated belts, weighted belts and other 'effortless exercisers' are of little or no value in firming, shaping and beautifying your figure. "YOU MUST WORK OFF THE INCHES," experts say. We believe, and results prove, our's is the simplest, safest, most enjoyable Plan to do it. We Guarantee It. Here's a sampling of what our slimming customers tells us that happened to them while using the Plan.

Name	Pounds Lost	Inches Lost (off waistline)	Time
G. C.	25 lbs.	5¾ in.	(14 days)
M. F.	32 lbs	6⅜ in.	(24 days)
W. E.	15 lbs.	3 in.	(14 days)
M. B.	22 lbs.	8 in.	(21 days)
C. J.	10 lbs	6¾ in.	(14 days)
P. O.	10 lbs.	6¼ in.	(14 days)
J. C.	10 lbs.	5 in.	(14 days)

They were measured by experts before and after 14 days. The results verified, some notarized. Your results may vary depending on how overweight you are and how much time you devote to the exerciser. The customers quoted spent 5 to 10 minutes, twice daily and reduced their food intake —temporarily—by about 20%, but none gave up the foods they love.

DO IT NOW! It's America's most successful figure shaper. 600,000 customers have purchased our '5' Minute Plan to slim down fast. Results are proven and some notarized. Our guarantee to you is in writing. Experts agree our plan works—and works fast. Now, can you think of any reason for not ordering your '5' Minute Body Shaper Plan and start slimming down today?

Satisfaction Guaranteed!

Use our improved '5' Minute Total Body Shaper Plan for 14 days! See what it can [illegible]. If it's not what we say it is, simply return [illegible] for your $9.95 refund.

TM



Weighs 10 ounces

Joe Weider! Dept. LG/G
Builder of Beautiful Bodies since 1936
21100 Erwin Street
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I have a lot of pounds and inches to lose, so promise that I will feel glorious and begin to look slimmer in just 3 days.

☐ **I am enclosing $9.95 plus $1.00 for shipping and handling.** (California res. add 6% sales tax.)

☐ Check, ☐ Money Order, ☐ Cash. Please allow 3 to 4 weeks for delivery. Rush '5' Minute Total Body Shaper and Illustrated Guide — in plain package to...

Name ..... Age .....
Address .....
City .....
State ..... Zip .....

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IN CANADA: 5 Minute Body Shaper, 2875 Bates Road, Montreal, Quebec.

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ADD $1.75 FOR PSTG. & HNDLG!

Extra widths (to 272") available

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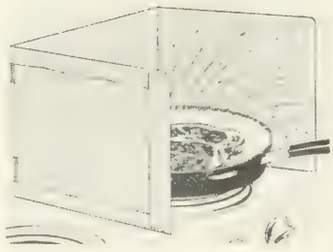
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Bright touch for your finger. Sterling silver rings shining with genuine marcasites, gem favorite of the 20's. Hand-cut and crafted in a stunning rose motif. Sizes 5, 6, 7 and 8. $12.98 plus 35c post. Lillian Vernon, Dept. G7E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



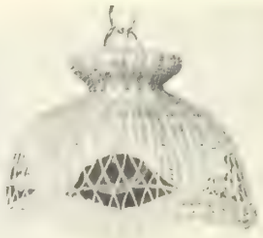
SPLATTER CATCHER

Cooks love the efficient work of a pure aluminum spatter shield that protects against flying frying spots, mixing bowl batter. Three hinged panels, 9" h., fold flat for storage. $2.98 plus 45c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105



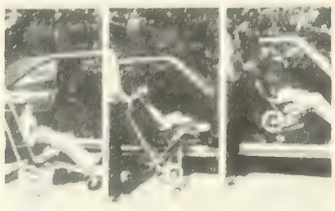
EASY DOES IT!

Powered recliner with elevating seat operates by push buttons. Adjusts to angle most comfortable for you; another switch raises you to your feet. Padded foot rest raises automatically as chair reclines. Free brochure. Burke Inc., HG7, Box 1064, Mission, KS 66202.



ROMANTIC LIGHT

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HANDY NOTELETS

Original notes for giving and thanking come boxed 10 of one kind for $1.50. The catalogue with a sampling of 1 general note, 1 thank-you note, 1 gift enclosure, 25c. Anita Beck Cards & Such, Inc., HG7, Reindeer House at 3409 W. 44th St., Minneapolis, MN 55410.



COLLAR HIM

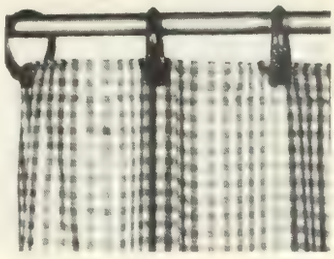
Sterling silver collar stays. He'll savor knowing he's well dressed down to these elegant details. 2½" l., to engrave with three initials (specify). Pair sterling, $8.50. 3" long $9. Add 50c post. Sleepy Hollow Gifts, HG7, 6651 Arlington Blvd., Falls Church, VA 22042.

HIGH-RISE SPACE



For 12 big plants. Clamps slide on pole. Holds four each 6", 9" and 12" interchangeable swinging arms with 6" white trays. 52" h., 24" by 24" base. White or black $45; chrome $50. Add $3 post. Home Plant Displayers, Inc., Dept. B205, 51 E. 42nd St., New York, NY 10017.

GINGHAM CHECKS



Vinyl shower curtain in red, gold, blue, green, pink, orchid, black. 6' by 6'; tieback window curtains, 54" l. by 68" w; or cafe curtains with valance. $9.50 a set plus $1 post. Curtain alone $4.95 plus 85c post. Brochure, swatches, 50c. Mather's HG7, 31 E. Main St., Westminster, MD 21157.

A SHOE-IN



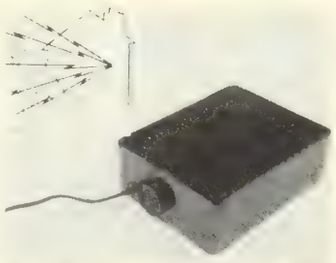
Wedgie with walking comfort and open-toed cool. The Edna says it in luggage tan, bone, black, white, navy, brown, low 1" wedgie heel. 4 to 10, $18.95. 10½ to 12, $19.95. For widths AAAA to EE. Add $1 post., 25c each add'l pair. Solby Bayes, HG7, 45 Winter St., Boston, MA 02108.

YOU NAME IT



Computer writes personalized, fully-illustrated book mentioning details of a tot's life. Send child's name, address, birthday, pet, school, two names (brothers, sisters, friends) for inclusion. $1., plus 25c post. American Consumer, Dept. YD-112, Caroline Rd., Philadelphia, PA 19176.

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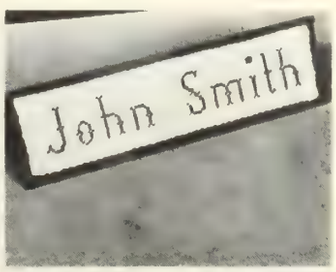
Compact unit sounds siren-like loud alarm when person or car comes within 50 feet of house. Can operate through most non-metallic walls. House current or batteries: no installation needed. $39.50 ppd. S. D. C., HG7, Box 802, 160 Amherst St., East Orange, NJ 07019.

CURTAIN CLAMPS

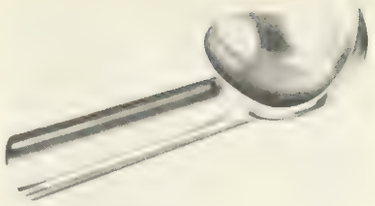


Shower curtains won't blow out of the tub when plastic magnetic holders are snapped on to the curtain. Permanently magnetized; won't rust or mar. Eliminate wet floors. Set of three, $1.98 plus 20c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.

SPECIAL NAME



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Slip into a cool and comfortable dress block-printed by hand, all cotton from India. In raspberry, yellow and lavender. Tiers of flounces. XXP (3-4)-through-L (15-16). $20.60 ppd. Tantra Imports, Inc., HG7. Box 489, 335 Westminster St., Providence, RI 02903.



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Airy imports from south of the border. Hand-woven huaraches of supple genuine steerhide leather in popular natural color. Long-wearing soles and heels. A favorite for cool comfort. 5-10. $8.90 plus $1 post. Vicki Wayne, 610 So. Country Club, H7H, Tucson, AZ 85716.



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Sleep is king night or day that you don the mask: shuts out any flicker of light that could disturb the psyche, the body's rest. Fabric and elastic band's so constructed that it fits any cranium. $2.98 plus 20c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



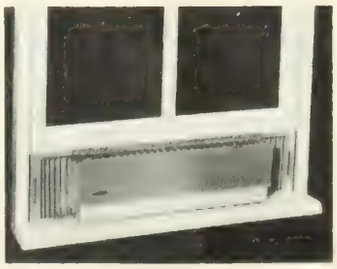
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Read, loaf or let polystyrene float you on the water. Easy to carry aluminum frame with long-service plastic webbing. Has adjustable back, a pocket for drink, place for ashtray. $24.95 plus $2 post. Holiday House, HG7, Broad & Commerce Sts., Portsmouth, VA 23707.



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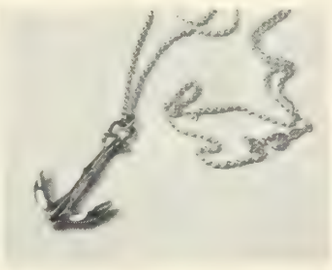
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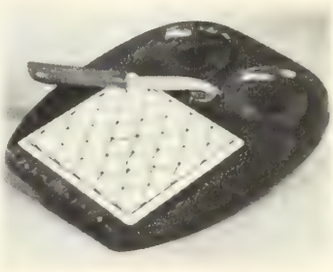
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The 1776 Bi-Centennial lamp, only 1,500 numbered, signed in 24k gold by Richard Gunter. Fine high-fired ceramic with brilliant eagle and flag on off-white crackle and brown glaze. Fabric on vinyl shade. 34" h. $65 ppd. Kron-Gunter Associates, HG7, Box 725, Bangs, TX 76823.



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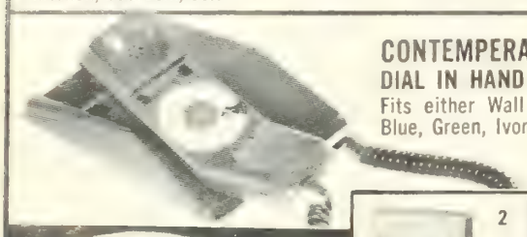
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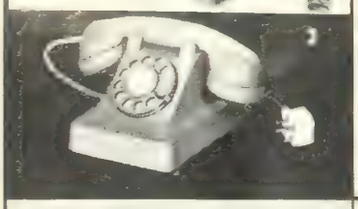


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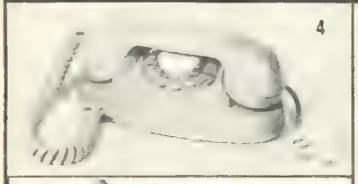




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With light or bell. Beige, Pink, Blue, Green, White and Ivory Factory Rebuilt $44.95

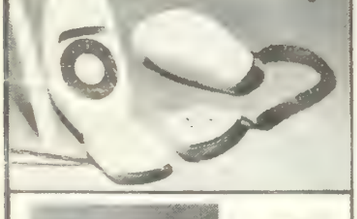
5. FRENCH CRADLE PHONE From Milady's boudoir. In Ivory, complete w/bell and plug-in $69.95

6. MINI-PHONE World's smallest phone. Fold in half 6" x 2½". White with Black trim $59.95

7. ERICOPHONE The famous European phone with the dial on the bottom. Lift, it is ready to dial or answer, set down and communication is cut off. The phone for style—Red, Ivory, Beige, White, Green, Yellow.
No Ringer $39.95
With Buzzer $49.95
With Tweeter $59.95

8. HANGER PHONE Factory Rebuilt With Dial $24.95
Black only. No bell. No Dial $14.95

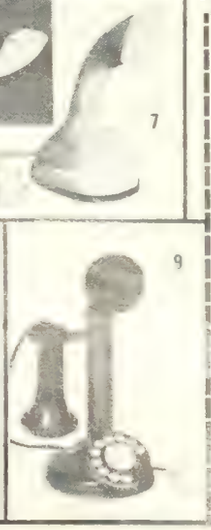
9. UPRIGHT PHONE From the days of Eliot Ness.
Black $69.95
Brass $79.95



7



8



9

GRANDCOM, INC., Dept. HG6-5
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Add $2.00 shipping and Handling Charge for each phone ordered east of Mississippi. $2.50 for each phone west of Mississippi. Enclose check or Money Order. No C.O.D.'s

SHOPPING AROUND



SWEET SOUND

Charming love scene reproduced in delicate colors with a gold colored edge. The Norman Rockwell bell in fine china by Gorham is 9" tall with walnut handle. It's inscribed: "Love's Harmony" 1975. $19.50 ppd. Hildegarde's, HG7, 597 Farmington Ave., Hartford, CT 06105.



HISTORIC MONTHLY

News about antiques and fine Americana, illustrated tours of restorations and museums. How to identify, authenticate and restore antiques. Shows, coming events, books, craftsmen lists. 12 issues $8. Early American Antiques, Dept. 237, New Hope, PA 18938.



SKIN TONER KIT

Home plan is designed to help reduce any flabby spots and to revitalize skin. Mitt used to massage and buff; gel concentrate to lubricate massaging; skin smoothing creme; guidebook. $9.95 plus $1 post. Parisian Slimmers System, Dept. LG/Y, Box 7338, Van Nuys, CA 91409.



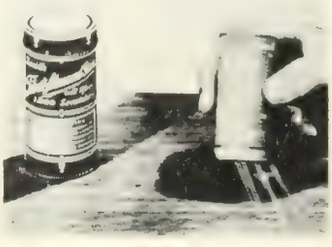
LONG ON FASHION

Roamer in natural tan buffalo leather with matching suede platform, is the bright solution for the long, narrow foot. Cushioned insole and adjustable instep strap. SS-S in 6-12, N & M 9½-12. $18 plus $1.25 post. Mooney & Gilbert, HG7, 31 W. 57th St., New York, NY 10019.



GOOD MIXERS

Mortar-and-pestle set in white ceramic, 3 sizes for the chef. Ideal way to blend tasty patés or seasoned butter, to crush garlic or other herbs, spices. 1¾", 3⅝", 4¾" dia. Set $4.98 plus 80c post. The Country Gourmet, G7E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.



MAGIC TOUCH

One stroke of "Almond Stick" and superficial scratches disappear from pianos, furniture, woodwork. For mahogany, walnut, oak and other finishes. Used by professionals. $1.98 plus 25c post each. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



DELIGHTFUL PATTERNS!

Paint on walls, toy chests; embroider or needlepoint on your own or as shown in instructions (number/letter method). 3 pattern set, ea. 36" by 22", transfer stick $4.75. Same, 12"x8" $2.25. Catalogue 25c. Peachy Patterns, HG7, 2908 E. Eastland, Tucson, AZ 85716.

CREWEL CHICADEES



Lovely for picture or pillow. Natural blues, greens, russet and brown in stamped 12″ design on 16″ natural linen. Kit has wool yarns, needle, instructions. $5.95 plus 60c. post. Next 3 catalogues 25c. The World of Stitch 'n Knit, HG75, Box 709, Framingham, MA 01701.

FIX-IT KIT



Oh, those miserable moments when eyeglass frames part company! To cope, a clever kit that helps get it all together: professional optical screwdriver and an assortment of tiny frame screws. $1.98 plus 15c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.

DREAM GREENHOUSE



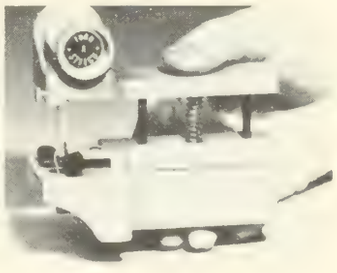
Aluminum pre-cut and pre-fit glass greenhouse is one of more than 100 offered in free catalogue. It answered all *our* questions about home greenhouses. Shows ready-to-assemble models to fit any budget. J.A. Nearing Co. Inc., Y-7E, Box 348, 10788 Tucker St., Beltsville, MD 20705.

EARL'S TABLE



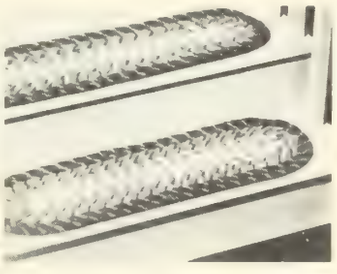
Handsome and sturdy solid oak top, legs and apron with oil finish. Easy to assemble, and very versatile. 30″ wide by 60″ long by 28″ high. $159 exp. coll. Send for complete furniture catalogue $1. The Door Store of Washington, D.C. HG7, 3140 M St. N.W., Washington, DC 20007.

SPEED SEWING



Dexter hand machine can baste, tack, zigzag, sew on buttons and zippers. Blind-stitches hem you're wearing. Does draperies and curtains while they're hanging. With needle threader, booklet. $6.98 plus 40c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.

FOR UPS AND DOWNS



These braided stair treads are durable, woven nylon traditionally styled for a hand made look in avocado green or chestnut brown. They'll blend with most decors. Each 9″ by 27″, $3.50 each; set of 13, $34.50. Ppd. Yield House, G57X, No. Conway, NH 03860.

HAND-CUT SPARKLE



Elegant personalized crystal pendant suspended in a ring of sterling silver and cut with a single script initial. 1⅜″ dia. 24″ sterling rope chain. Makes a lovely gift for any occasion. $20 plus $1 post. The Allan Collection, HG7, Box 181, Old Chelsea Sta., New York, NY 10011.



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During our between-season lull 3 kinds of discount savings for people of different speeds

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WILDFLOWER PILLOW



If you could pick your favorite wildflowers and arrange them on a pillow—this would be the result! Assorted yellow, blue, pink, and purple flowers accented with green leaves bedeck this 14" knife edge pillow. Kit includes stamped fabric for pillow front, pillow back, crewel yarn, piping, zipper, needle and instructions. $6.95 plus 50¢ postage.

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Lovely doll captures the patriotism of the famous lady who created our nation's first flag. Betsy Ross wears nostalgic dress of red, white and blue. Real lace trims dress, petticoat, removable bonnet. Velcro closure on dress. Add the "Spirit of '76" to your collection. 10". Stands alone.
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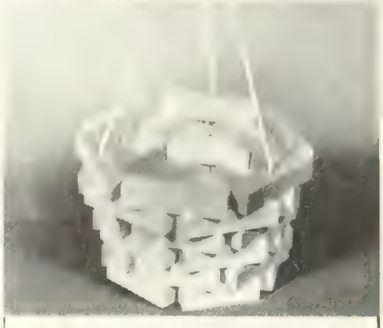
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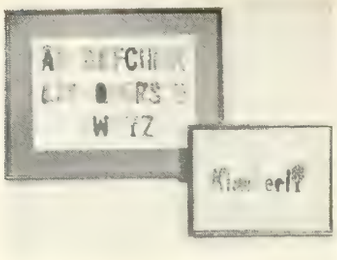
HANGING WOOD PLANTER

Planter of unfinished white pine to enhance your favorite plant.
Holds pot 5" high and 6" in diameter.

$4.95 plus postage

BARKERS
P.O. Box 6025 Norfolk, VA 23508

SHOPPING AROUND



WHO'S ZOO?

Water color animal alphabet spells names (specify) in bright colors. 9" x 12", matted, up to eight letters, $4.95; more letters, each 50c. Entire alphabet, capitals or small letters matted, 14" x 18", $10.95. Add $1 post. Laura's Loveables, Dept. E775, Box 7381, Las Vegas, NV 89101.



FRAMED IN FABRIC

Charming oval mirror, 24" by 33½", upholstered in decorator fabrics (as shown), $49 or in your fabric (1¼ yds. 36"w.) $45. Exp. coll. Furniture catalogue with request form for free swatches, $2. Hunt Galleries, HG757, Box 2324, Hickory, NC 28601.



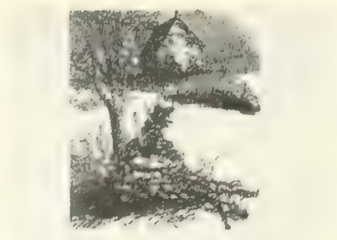
BUILD YOUR OWN

Precise balance lets capable cart carry double loads with ease. Two wheels prevent tipping to side. Steel, plywood panel models. Special stand to straddle garden rows. Several size kits, free catalogue. Garden Way Research, Dept. 54457, Charlotte, VT 05445.



EYESIGHT SAVER

For sewers who find the eyes of needles growing smaller. Needle threader consists of a plastic funnel into which the needle is dropped, spindle to transfer thread to needle, blade to cut thread. $1 plus 15c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



SIGNED WOODCUT

"On the Old Road" in numbered edition of 250. Dark brown and black inks. By Frank Eckmair. 11" by 9½". Matted $20 plus $3.50 post. Framed in walnut molding $34.50 plus $4 post. Free catalogue. Associated American Artists, HG7, 663 Fifth Ave., New York, NY 10022.



PULL-UP TABLE

Nifty idea, legs provide comfort with any chair. Good for eating, as desk, cards. Walnut grain, stain, heat-resistant top. Black satin enamel legs. Folds. 15" by 23" by 24". $27.50 plus $2.50 post. Camalier & Buckley, HG7, 1141 Connecticut Ave., N.W., Washington, DC 20036.



"COQUILLES"

Elegant individual servers for seafood dishes or tasty hors d'oeuvres. Pinkish shells are perfectly shaped and perfectly safe for oven or broiler. 5¼" across. Set of four $2.29; set of four rattan holders $2.69. Ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.

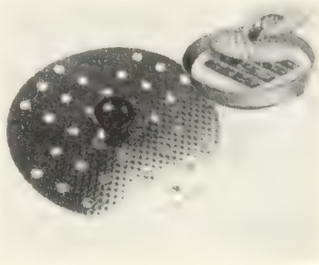
PATRIOT PURSE

Conversation-making handbag has a striking bicentennial motif proclaiming 1776 amid stars and flags and eagles and a Liberty bell, all on a blue background. 100% woven cotton with acetate taffeta lining. 9½" by 13½". $10 ppd. Johnny Appleseed's, HG7, Box 707, Beverly, MA 01915.



NO MORE CURLS

Now you can have crunchy bacon —minus the curls. Bacon press keeps bacon flat while conducting heat for evenly-cooked crispy meat. Fits any round pan 9" or larger. For draining grease, too. $1.29 plus 30c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



VICTORIAN COPY

Intricate turnings and designs on wood case of 1850 Ansonia model. 30-day movement, spring wound, strikes ½-hour, counts hour when hand is at 12. 29½" h. by 12" w. by 5" d. $119.95 plus $5 post. Catalogue is $1. Magnolia Hall, HG7, 728 Andover, Atlanta, GA 30327.



MEALTIME MAT

Give your pet a foam placemat that won't skid around while he eats. Personalized with his name; center space for bowl. Black lettering and decoration on yellow. 22" by 14". Specify dog or cat. $1.69 plus 35c post. Holiday Gifts, Dept. 307-J, Wheat Ridge, CO 80033.



FINGERTIP TOUCH

Push button phone can be used on any dial system; an inner memory remembers the last number dialed. Fitted with standard cord and plug, it is ready to plug in. $119.95 plus $2 post. Catalogue, 50c. Grand Com Inc., HG7, 324 Fifth Ave., New York, N.Y. 10001.



VICTORIAN

Echo of the past century. A graceful footstool with striking floral needlepoint cover. Mahogany, fruitwood or walnut finished hardwood base, removable top, to change as you please. 14" by 9" by 8" h. $18.95 ppd. Free catalogue. Fiesta Arts, Inc., HG7, Greenvale, NY 11548.



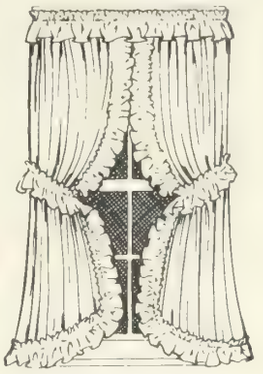
KNIT VALET

Handy little comb strokes out mats, pills and balls from napped fabrics in seconds. Use it on sweaters, shawls, any knit. May be used on fabrics of man-made fibers. $1.98 plus 20c post. Order D-Fuzz-It from Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



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NO-IRON MUSLIN IN NATURAL OR WHITE

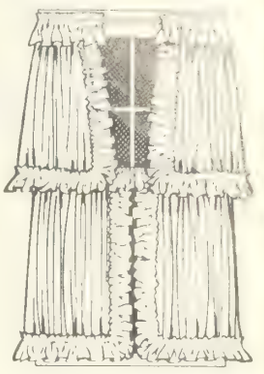


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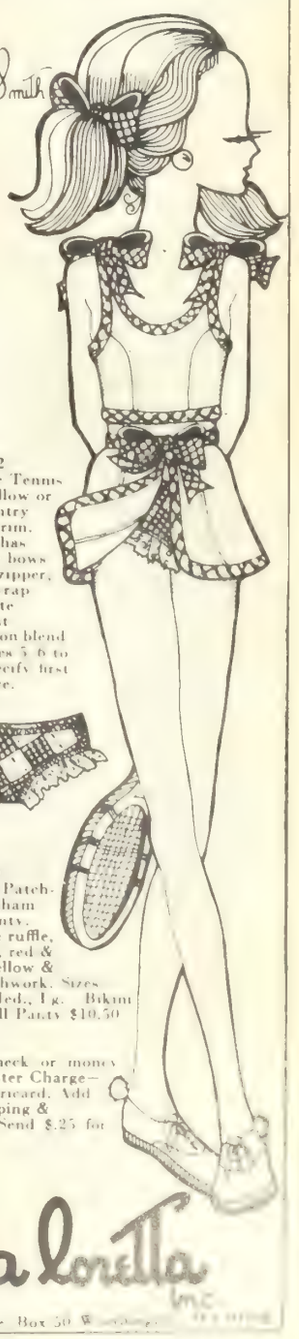
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See what Corning has done for glass—these go from refrigerator to pre-heated oven, ideal for baking and serving! American-crafted to the superb standards of Corning Glass. 1-qt., 1½-qt. and 2-qt. are 5¾", 6½", 7¼" diameter. Set of 3.

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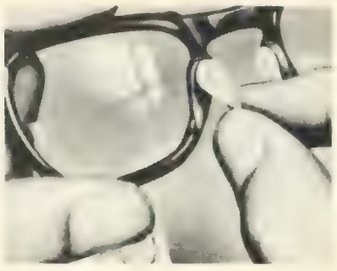
Anthony Enterprises Dept. HG-75 585 Market St., San Francisco, Calif. 94105

SHOPPING AROUND



BUTCHER MODULES

Fifteen-inch square cubes of butcher block in natural finish are marvelous to peg together for a handy night stand, storage wall or room divider. There are many possibilities for these cubes. $20 each plus $2.50 post. per cube. J & D Brauner, HG7, 1331 S. Michigan, Chicago, IL 60605.



NON-SKID PROTECTION

Flesh-colored foam rubber pads adhere to glass frames. Savvy solution to glasses that slide down on the nose. Pads also relieve pressure of frames on sensitive skin. $1.98 for 18 pads plus 15c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



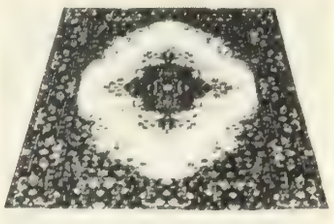
FAMILY JEWELS

Beautiful birthstone rings are crafted in 14k yellow gold, 3 to 7 stones. For grandparents, parents and children. (Top) four stones $56; (center) three stones $35; (bottom) three stones $49. Ppd. Free catalogue. The Strongite Co., HG7, 2 W. 47th St., NY 10036.



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Attach to any outdoor faucet. Baked enamel finish on chrome-plated metal. 11½" by 7½" by 4½". Adjustable angle. Push-button valve. Place also for a garden hose. $11.99 plus $2.50 post. Round-Up Products, HG7, 148 Barkway, Box 135, State College, PA 16801.



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Woven ½" no-iron checks: white with red, blue, lime, yellow. 76" w. pr. 3" ruffle. 24", 30", 36" $6.50; 45", 54", 63", 72" $10; shirred 10" by 54" valance $3.75; tiebacks, pr. $1. Add $1.75 post. Free brochure. Old Colony Curtains, G57GE, Box 759, Westfield, NJ 07090.

SWEDISH CHARM



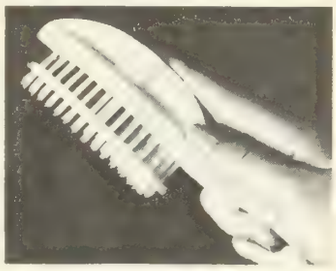
Imported kit for embroidery in basic stitches. Stamped design on electric blue linen. Linen yarns, colorful in shades of magenta, white, rose, green, yellow. 11¾" by 13¾". #9150. $18.95 plus $1 post. Catalogue $1. Skon, GE7, 55 Lambert Lane, New Rochelle, NY 10804.

TIME THIEF



Is your pool robbing you of time? Meyco safety pool cover takes two minutes to put on or remove. Keeps out dirt, leaves; children and pets are safe when you're away. Discourages algae. Custom made, any size. Write to Meyco, HG7, 225 Park Ave., Hicksville, NY 11801.

SELF-CLEANING BRUSH



Patented design makes it easy and speedy to clean hair brush by pressing a button. A hidden plate pushes the hair to the ends of the bristles for easy removal. Great for guys and gals. Pink, blue, ivory, black. $3 ppd. C & S Sales Co., HG7, 1821 Chalady Lane, East Meadow, NY 11554.

SEWS LOCK STITCH



Tool does great things: sews leather and canvas. Do your own repairs on shoes, handbags, awnings, seats, upholstery. Pack includes bobbin of wax thread, two needles. $3.98 plus 35c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



PORTABLE FAN

Beat the heat! You can be cucumber cool anywhere, anytime. Just flick on the portable mini fan for the freshest breeze this side of the shore. Battery operated (battery not included). Lightweight plastic with stand for desk or table use.

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Beautiful stool and table in natural wicker color or white. Wicker-look stool is padded with polyurethane. Stool and table 18" x 15". Unbelievably priced at $14.99 plus $2.00 postage.

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no matter where you're viewing this

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back, up to 17" top to

great for reclining

$13.95

Holiday



Elegant Plant Pots — Set of 4 $5.25

SNOWY-WHITE OR TRANSLUCENT SMOKE-TONE!

Stunning look in space-age plastic, fantastic [illegible] set a clay pot inside and it's held up, away from accumulated water—plant in them, too! American-made and molded into one waterproof piece—no rings on tables or shelves! Opaque white or translucent smoke-tone. Set of 4—4⅛" to 6⅜" high, 4¼" to 6⅝" diam.

#8376—White Pots ..... 1 Set $5.25
#8120—Smoke-tone Pots ..... 1 Set $5.25

Please add 50¢ postage and handling. N.Y. residents add taxes

Lilly's Garden — Dept. G72, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

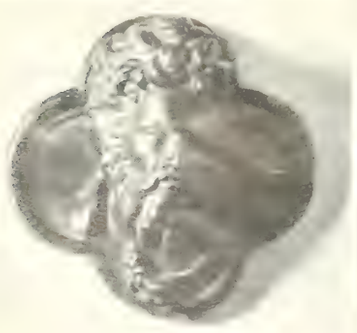


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This bathroom mirror comes to you for easy make-up, easy shaving! 7" two-faced mirror flips from plain to magnifying, extends 4" up to 20" and swivels for best angle and light. Gives back-of-head view to style and trim hair, folds to wall when not in use. Chrome-plated metal, easy to attach.
7088 Extension Mirror $12.98

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LILLIAN VERNON
Dept. G75, 510 S. Fulton Ave.
Mt. Vernon, N.Y. 10550



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Cast directly from the Ghiberti Doors in Florence, this handsome head adds dimension to wall groupings. Faithfully finished in superior detail. 5½" h. by 6" w. Antique bronze finish. $25.00 ppd. M/C-B/A. Send $1. for catalog of our large collection of statues and wall pieces priced from $10 to $1,500. The Second Renaissance, H-2, 2124 Union St., San Francisco, CA 94123.



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Yield House Dept. G57A North Conway, N.H. 03860



ORIENTAL AURA

"Bamboo" towel tree of durable metal is 50" tall, has freely moving 5" rings suspended on four gracefully curved arms 13" w. by 13"d. Koch brass plate or contemporary nickel plate. $24.95 ppd. St. Nicholas Boutiques, HG7, Santa Claus, IN 47579.



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Hardwood easel can be assembled before or after you finish it. Turnings antique beautifully and will spray-paint quickly. Support pegs fit three positions for displaying. 22" by 26", 64" h. $52 ppd. Ephraim Marsh Co., Dept. 318, Box 266, Concord, NC 28025.



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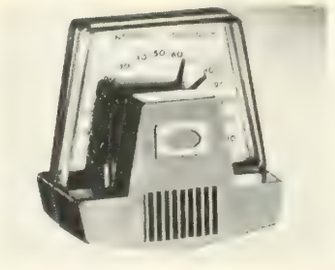
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Classic wraparound styling and fabric favorite make a winning combination to wear every day. Brushed cotton navy denim has wide back panels, button-front waistband, patch pockets. Sizes: XS, S, M, L. $20 plus $1.50 post. Free catalogue. The Talbots, Dept. GN, Hingham, MA 02043.



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See how warm or cool the room is and what to expect outside. 2 self-stick thermometers are mounted back to back on window, one inside, one out. Just read the clear dial. No screws or wires. 3⅛" by 3¼". $4.79 ppd. Walter Drake, HG14 Drake Bldg., Colorado Springs, CO 80940.

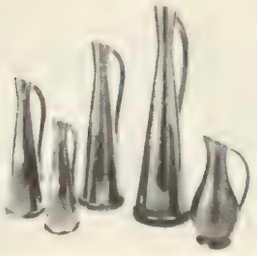


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Hand-embroidered wool on handloomed natural cotton. Tote 11 by 13", crewel both sides, walnut handle, lined $8. Chair seat cover, 24" sq. crewel 1 side $10. Round or square 12½" pillow cover $7. Ppd. Catalogue 50c. Gurian's Fabrics, HG7, 276 5th Ave., New York, NY 10001.

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Distinctive accents. Elongated pieces have brass inlay with Chinese inscription, "Happiness and Long Life". 7½" h., $10; 9½" h., $14; 12" h., $17; 14½" h., $20. Round pitcher, 7" h., $19 Ppd. AC Gifts, HG7, 2642 Central Park Ave., Yonkers, NY 10710.



PORCELAIN ART

Rich oriental design, the Tea-Time-In-The-Garden scene is hand painted in Chinese red (accented in black) on a white background. The 8" dia. plate comes complete with an ebony stand. $3.98 each; two, $7.50. Add 75c post. Ferry House, Dept. HGP, Briarcliff Manor, NY 10510.



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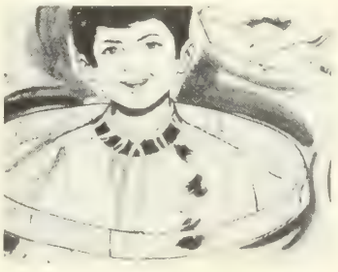
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Free-standing clock of clear Lucite, 8" by 8", with black face and white hands or white face and black hands. Runs 1 year on D battery (not included). $26.95 plus $1.65 post. Send for free brochure. SDA Showrooms, HG7, 3325 N.E. 32nd St., Ft. Lauderdale, FL 33308.



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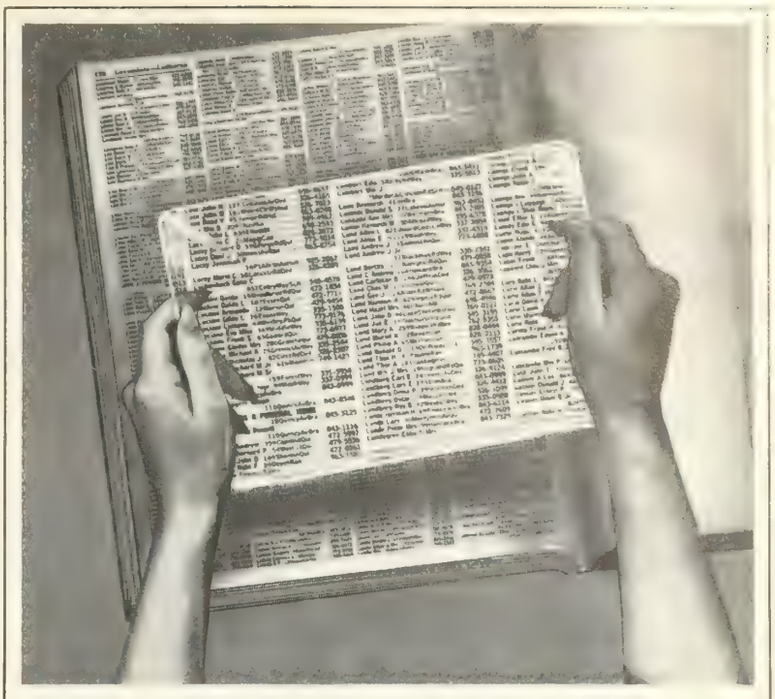
Spring post bookends keep bookshelves neat and orderly. Gold anodized aluminum encases a steel tension spring. Poles fit shelves 9½" to 13½" h.; slim enough to be unobtrusive. $2.98 a pair plus 40c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



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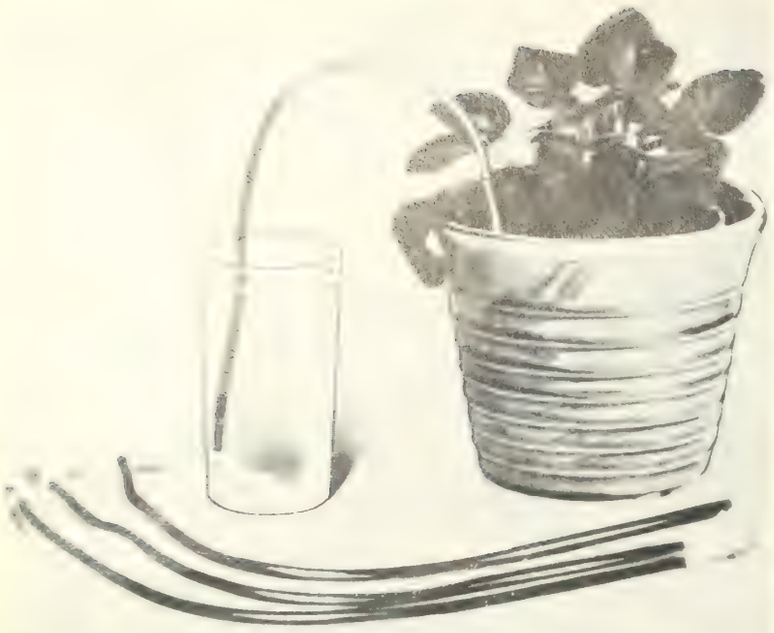
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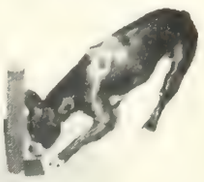
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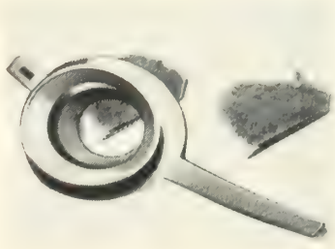
STRAWBERRY FIELD

Crewel kit: stamped pillow top and back, 2" w. boxing strip, corduroy for piping, needle, colorful wool yarns, zipper, instructions. Red with varied green leaves. 14". $6.95 plus 50c post. Catalogue 25c, free with order. Tower Crafts, HG7, Box 575, Champaign, IL 61820.



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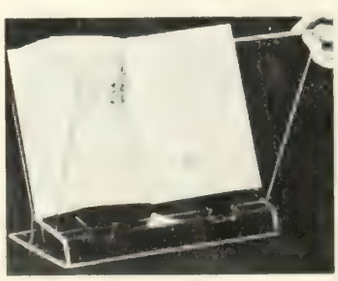
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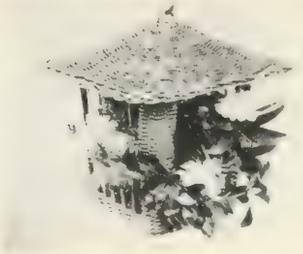


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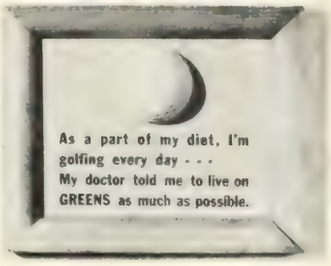
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MODERN SCULPTURE

Heavy gauge steel with brass accents is welded together in a variety of ways to make handsome wall sculptures. Max Levine is the sculptor of the piece shown. Prices start at $40. Free brochure. B. Levine, Dept. HG7, 19-18 Saddle River Rd., Fair Lawn, NJ 07410.



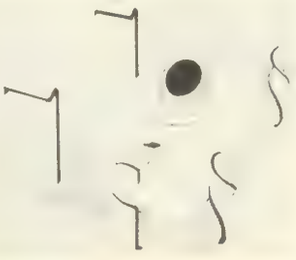
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Ready to work in needlepoint and hang wherever the urge to nibble is tempting. 7½" by 9" design on canvas. Persian wools, needle, backing, magnets, instructions. $5.95 plus 50c post. 8" by 10" oak frame, $1.95. Classic Corner, 12H Water St., Bryn Mawr, PA 19010.



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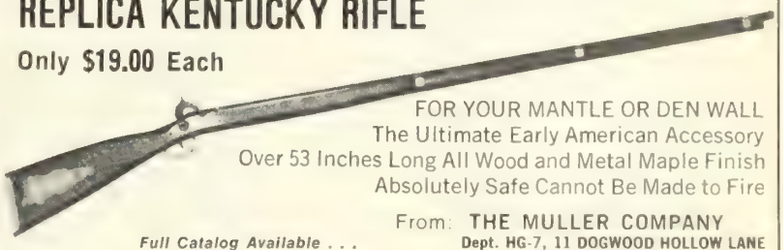


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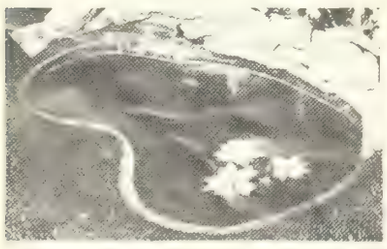


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Michigan Bulb Co.
Dept. OS-1478
Grand Rapids, MI 49550



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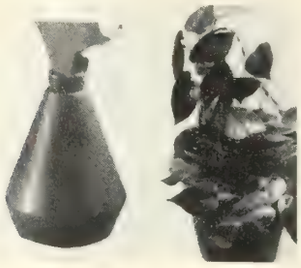
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WORKING TELEPHONE

Pay station models were in use. Taken off line, they're rebuilt as regular phones. Money goes from coin slots on to savings box, helps pay for extra calls. Finished black or green. $125 plus $20 post. Catalogue 50c. Grand Com Inc., HG7, 324 Fifth Ave., New York, NY 10001.



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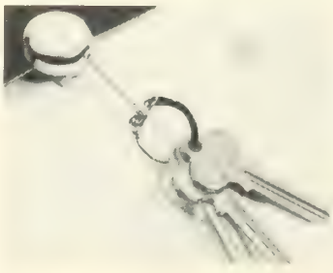
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"Heather" shows off a foot prettily in glove soft leather with 1" heel. Choose white, beige or black; sizes narrow, medium, wide, 4-12. Full cushioned insoles. Sizes 4-10, $12.95; 10½-12, $13.95. Add 90c post. Softwear Shoes, HG7, 1711 Main, Houston, TX 77002.



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SHOPPING AROUND

FINGER FASHION

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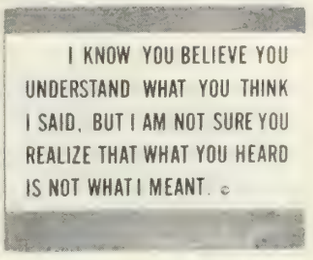
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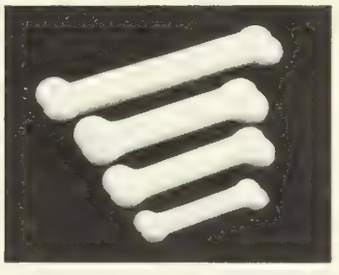
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"I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant." Black letters on golden plate in pine-finish plaque. 4″ by 5″. $2.98 plus 25c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



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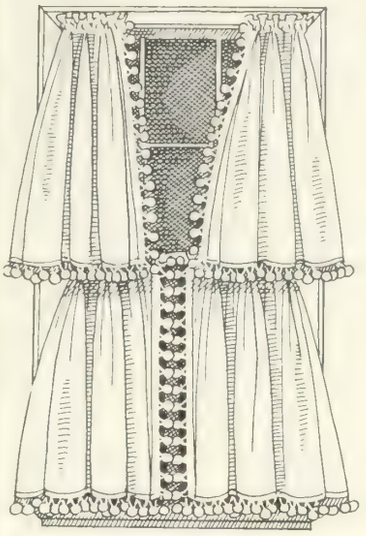
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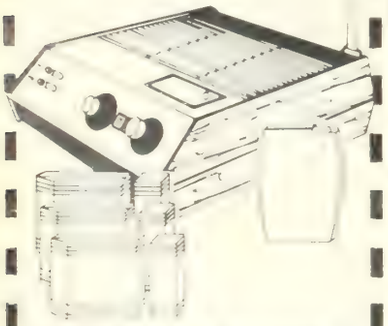
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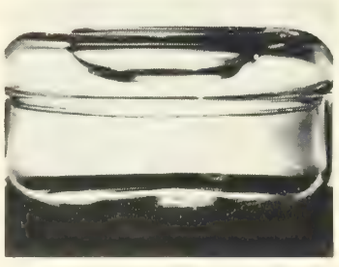
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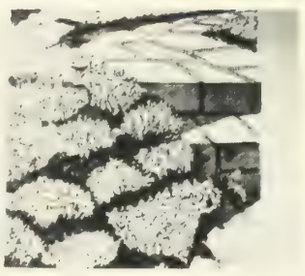
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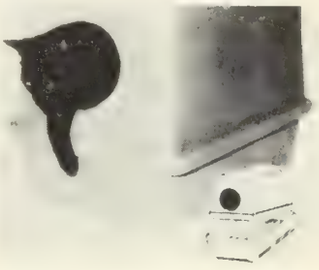
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FASHION SHOPPING



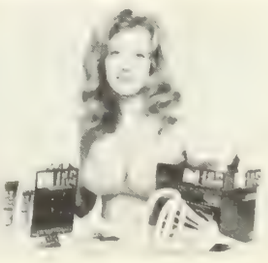
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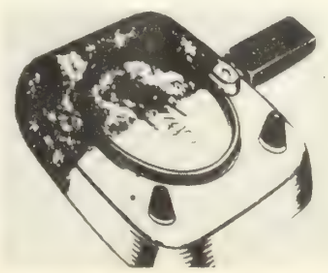
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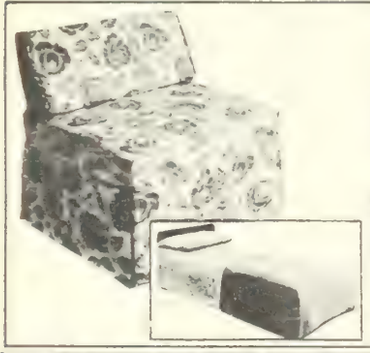
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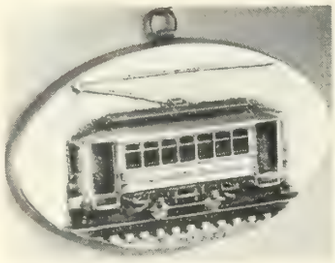
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Perfect solution for drip-dry garments, sheer curtains, hosiery. Adjustable 25" to 31" chrome-finished bar, hooks over shower rod, locks in place. No screws or adhesive; garments drip in tub. $3.98 plus 60c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



ART OF GREECE

Hand embroidery on denim. Rope-covered wedge; elastic gore in strap; crepe sole. Sunflowers on medium blue; thunderbird: beige, red apple, white or navy. 5-12 in N, M and W. $17.99 ppd. Free catalogue. Hill Brothers, Dept. 937, 241 Crescent St., Waltham, MA 02154.



BUTTERFLY BATIK

Colorful prints on finely grained art paper are a nature lover's delight: each of four 9" x 12" prints of batik works shows a butterfly and flower in full color. To hang up or decoupage! Set of four, $1 plus 35c post. Cadlyn's, HG7, 2077 New York Ave., Huntington Sta., NY 11746.

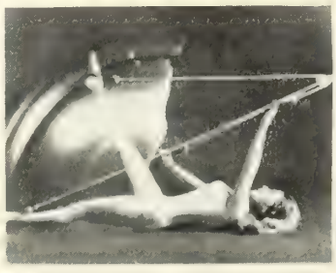


FIGURE SHAPER

For men and women, to be used while lying on floor. Attach to doorknob, exercise twice daily for 5 minutes. Slimming action concentrates on hips, waist and thighs. $9.95 plus $1 post. Joe Weider, Dept. LG/Y, 21100 Erwin St., Woodland Hills, CA 91364.

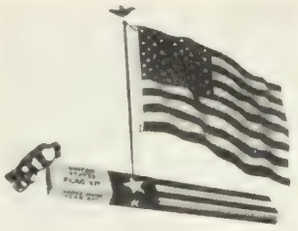
SHOPPING AROUND

HANDY MAGNIFIER



Adjustable band fits over neck and leaves your hands free for close-up work. Fine 4″ optical lens in a clear lucite frame. Great for needle-working and hobbies. $6.50 plus 85c post. Catalogue, 25c. Sleepy Hollow Gifts, HG7, 6651 Arlington Blvd., Falls Church, VA 22042.

READY FOR 1976



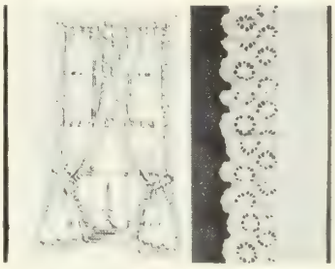
There's sure to be a run on flags for the Bicentennial and it is best to be prepared. Set includes 3′ by 5′ cotton flag in cotton, two-piece 6′ aluminum pole, gilt eagle, halyard, metal bracket $8.90 plus $1 post. Llewellyn Variety, HG7, 1521 Gumbar St., Marion Oaks, Ocala, FL 32670.

KEEP IT CLEAN



Intended for use on all kinds of carpet stains: coffee, ice cream, juices, liquors, cola drinks, grass, ink, shoe polish, most pet stains. Just spray spot and wipe. Effective also on colorfast fabrics. 8 ozs. $2.95 ppd. Write to Bernson's, HG7, Box 8711, Durham, NC 27707.

EYELET ACCENT



Easy-care curtains with 2″ eyelet ruffles. 80″ wide to pair. Cream or white. Machine-washable polyester. 45″, 54″, 63″ l. $11; 72″, 81″, 90″ $14; valance 10″ by 72″ $3.50. Add $1.75 post. Free brochure. Country Curtains, HG7, Stockbridge, MA 01262.

SONGBIRD SETS

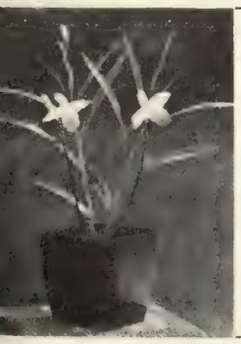


Colorful printed place mats in easy-care quilted cotton ovals 19½″ by 13″. Yellow, blue and red birds on green vines and foliage, white ground. Set of four $9.95; matching napkins, 18″, four $6.95. Ppd. Artisan Galleries, HG7, 2100 No. Haskell Ave., Dallas, TX 75204.

REAL CUT-UP



If you love snipping recipes, coupons, ads and *Shopping Around*, clipit paper cutter speeds the job. Neater and safer than scissors. Order now for your school children. $1.29 plus 20c post. from Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



Direct From The "Orchid Isle"

HAWAIIAN BAMBOO ORCHIDS

Guaranteed to Grow! one for **$1.00**

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Now you can have this easy growing Bamboo Orchid fresh from Hawaii. The blossoms exotic colors of white, lavender and deep purple will remind you of our enchanted islands. The Orchid Plant requires hardly any care and will be 8″ to 12″ tall. MAHALO!

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TIFFANY LAMP— [illegible] handwoven of natural rattan. Completely wired with [illegible] 20″ rattan chain & hooks. Shade 12″ dia. x 9″ [illegible] up to 60 watt bulb. Painted in [illegible] colors: green, pink, olive or [illegible] black ads. $10.00 regularly $12.95 plus $1.00 [illegible]

WALL RACK — [illegible] 17″ H. $7.95 plus $1 postage

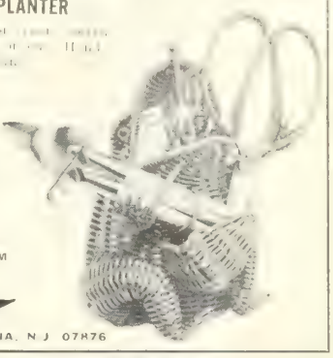


$2.95 each, 2 for $4.95 **SEA GRASS PLANTER** [illegible] plus 40c postage each. 11″ perfect for [illegible] plant, cactus or [illegible] Hand woven in Taiwan. Natural. 11″ dia. 11″ wide. Each



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Enchanting wizard for the indoor gardener. Trilled with the necessities for plant perfection, scissors, rake, spade, hoe and spray container. 8″ high 7″ wide. $9.95 plus $1.50 postage



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$2.00 3 for $5.00

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Foot relief—at last! These wedges are so soft, pliant, and comfortable, they're called Marshmallows. Treat your feet to a pair. Foam cushion insoles, crepe outer soles, they come in white, sand, teak brown, navy, red, green and yellow. Sizes narrow 5½-12. Medium 4-12. Wide 5-12.

$11.99 as shown $12.99 with back strap

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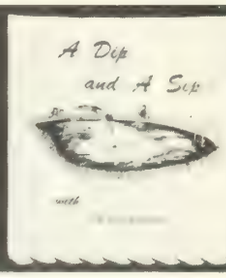
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RP097-6—Cocktail . . . *1 pk., $2.89*
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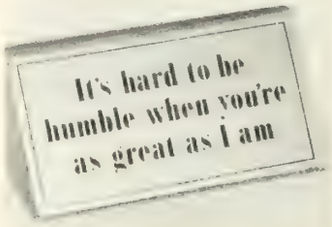
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SHOPPING AROUND



LAWN TIDY-UP

Hand-held grass clippers have built-in motor with permanent lubrication. Great for edging flower beds, walkways, around trees. Uses flashlight batteries. Has 2 steel blades. $5.98 plus 50c post. Refill blades, pair $1. Holiday Gifts, 307-K, Wheat Ridge, CO 80033.



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New way to work in needlepoint. Kit has color graph of 12" by 12" design in blue, watermelon, nectarine, apple green; floss; needle; 18" by 18" canvas for 16" stretcher, ecru ground. $34.95 ppd. Decorator Needlepoint, HG7, Rm. 1502, 30 E. 60th St., New York, NY 10022.



CUFF CHIC

Give her a perfect combination of now fashion and the personal touch. It's a stiff bracelet of sterling silver to wear on her cuff, and has any name up to 7 letters (please print) handsomely cut out of the silver. ⅜" wide. $15 ppd. Bruce Bolind, HG-7, Boulder, CO 80302.



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Tools essential for fine cookery stow neatly in a handwoven natural wicker basket. Included are a spatula, fork, meat tenderizer and spoons for mixing, stirring, tasting and adding this and that. $7.95 ppd. Creative Enterprises, HG7, 1732 Butler Ave., Los Angeles, CA 90025.



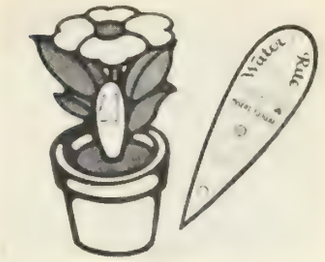
CURVE COMFORT

Caressingly soft nylon stretch lace makes a bra to wear for natural ease and control. It's ideal for sleeping as well as daytime activities. Snap front. White; A-B or C-D. $3.98 plus 25c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.

SHOPPING AROUND

PLANT TENDER

Keep your plants happy with a Water Rite indicator. It tells just when watering is needed by showing white and changes to green when plant is fully watered. Six $1.95; twelve $3.75. Ppd. Budget Master, Garden Dept., HG7, 146 W. 25th St., New York, NY 10001.



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There's a variety of stimulating ideas featuring maple hardwoods as country-style dining tables, work tables, mobile carts, shelving, benches, counter tops—all shown in a 44-page catalogue 50c. From Butcher Block & More, HG7, 1600 So. Clinton, Chicago, IL 60616.



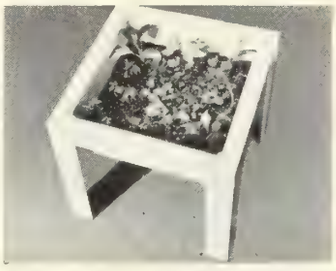
STRAIGHT AND PROUD

Posture maker corrects posture as it holds body straight, shoulders back. Webbing, one size fits men and women. After wearing for a time, body assumes proper posture. $3.98 plus 50c post. American Consumer, Dept. PM-87, Caroline and Charter Rds, Philadelphia, PA 19154.



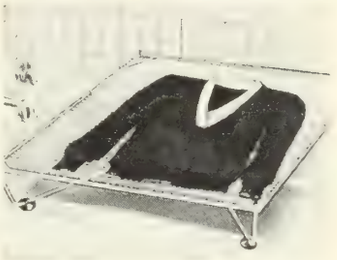
GARDEN SITE

Display your plants elegantly in a beautiful terrarium table. Sturdy white styrene 16″ by 16″ by 16″ has deep planter inset, double-strength glass top. Unique piece ready to assemble in a jiffy. $19.95 plus $2 post. Crown-Castle, Dept. TT9, 51 Bank St., Stamford, CT 06901.



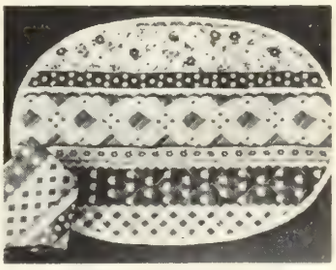
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Scientifically designed anti-snore mask insures sound, silent sleep. Washable nylon mask fits over chin, keeps jaws closed, prevents snoring by encouraging proper breathing. Adjustable to fit men or women.

ANTI-SNORE MASK ..... **$3.98 + 25¢ Mailing**

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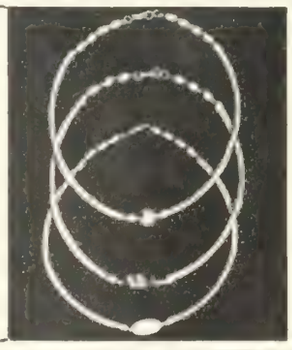
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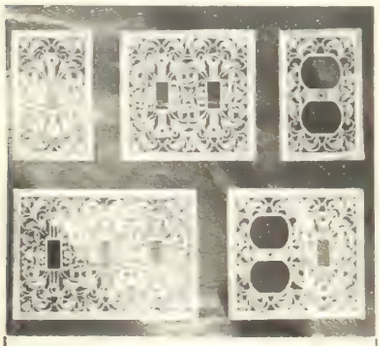
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Add a touch of charm to [illegible] with our golden [illegible]. Brass plated, antique non-tarnish finish screws included. Also available in wrought-iron black.

SINGLE—	$1.25 each 3 for $3.25
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Our **SEA SHELL COLLECTION** of fine porcelain plates is appealing to look at for anyone! Jade green or deep brown shells on white background. Shown here: Salad or dessert plates, 7½" diam., set of 4, $16.00 + $2.25 postage. Matching graceful mugs, set of 4, **$16.00** + $2.25 postage.

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Elizabeth McCaffrey
Dept. HG75 Northport, New York 11768



FLIP A RECIPE

Revolving file for treasured recipes with protective see-through envelopes to keep recipes. Metal frame with inlaid wood base and knobs holds up to 500 cards, 3½" by 5". 160 envelopes, 32 index cards incl. $12.95 plus 95c post. The Ferry House, G7, Briarcliff Manor, NY 10510.



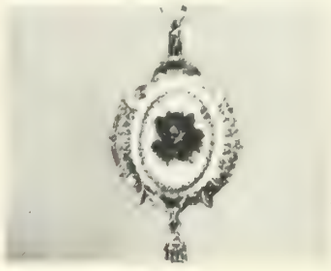
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Multicolor "gems." Cushioned insoles, adjustable backs. White, black, gold, silver; pink, blue, yellow, green pastels (specify alternate colors). N 5½-12; M 4-12; W 5-12. (No half sizes over 10.) $11.99 plus 75c post. Morgan's Cove, HG7, 28 W. Prospect, East Brunswick, NJ 08816.



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If you have a good offer, but limited budget, reach a highly responsive mail order market with a classified ad at a nominal cost. Information including buying list of mail order publications purchased through National Mail Order Classified. Best By Mail, HG7, Box 5, Sarasota, FL 33578.



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Authentic full coat-of-arms is researched, lettered and hand-painted in its heraldic colors. Framed with mat, glass. S (5" x 7") $32.50; M (8" x 10") $42.50; L (11" x 14") $52.50. Unframed $4.95 less. Add $1 post. The Rainaud Family, HGE, Lisle Hill, Wilmington, VT 05363.



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Padded applique, quilting for 3-dimensional picture. 11"x15" after framing. In red/blue, red/yellow, pink/green, red/green or brown/orange. Kit (no frame) $6; pattern/instructions $2. Ppd. Brochure 25c. The Patchwork Pillow, HG7, Box 52604, Northside Sta., Atlanta, GA 30305.

FARM'S FORUM



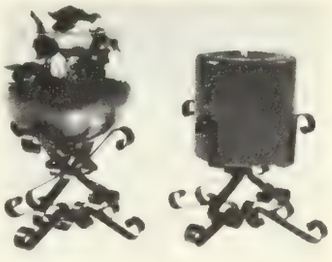
Clear plastic dome lets you see nature's way of opening bobwhite quail eggs to produce babies. Incubator operates on 110 volt electricity, is 6" h., 7" dia. $5.98 with six eggs; without eggs, $4.25. Ppd. Catalogue, 25c. G. Q. F. Mfg. Co., HG7, Box 8152, Savannah, GA 31402.

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Personal jigsaw puzzle is a blown-up photo in black and white from your color or black/white original. 8" by 10", $3.99; 11" x 14", $4.99; 12" x 18", $5.99. Full color, 8" by 10", $6.99; negative, slide, $1 extra. Ppd. Photo returned. Photo Poster, Dept. X778, 210 E. 23 St., NY 10010.

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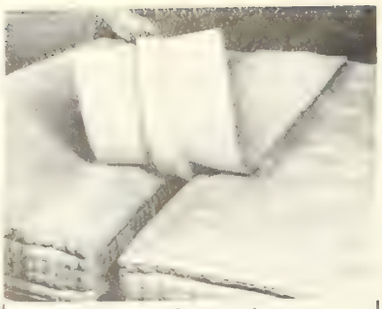
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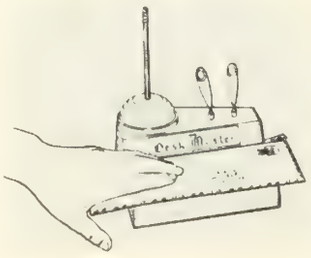
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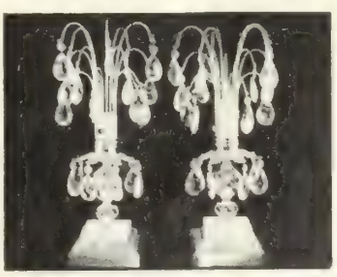
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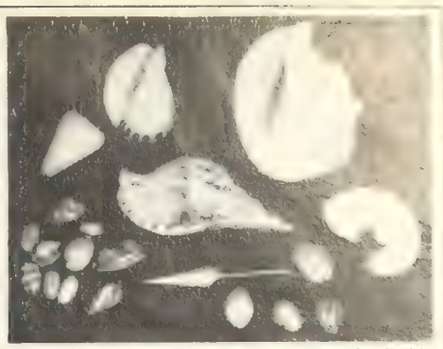
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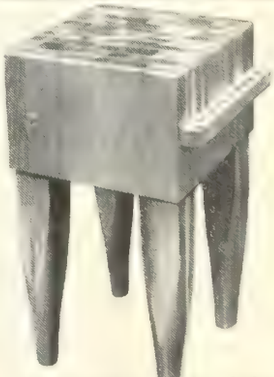


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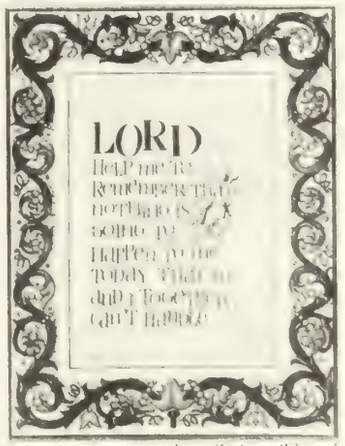
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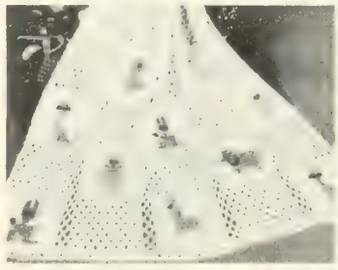
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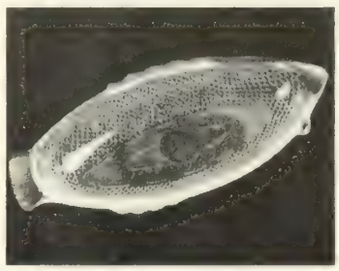
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Relax in style! Your shopping weary feet deserve this hand-carved mahogany gout rest, 19½" by 16"w. by 11½"h. Large choice of fabrics and finishes. $74.95 exp. chgs. coll. Catalogue, $1. Martha M. House, HG7, 1022 So. Decatur, Montgomery, AL 36104.



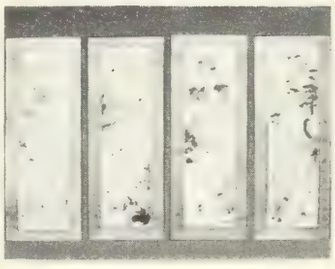
GOLDEN TURTLE TAPE

He's handsome golden metal with red jewels for eyes and within he conceals a practical 3' tape measure. Heavy enough to use as a paperweight, he's a bright addition to desk or sewing box. 2¾" long. $8.98 plus 50c post. The Ferry House, HG7, Briarcliff Manor, NY 10510.



CHINESE TREASURES

Superb full-color reproductions of ancient hand-stitched panels on heavy vellum-finish paper with lovely borders. 36" by 12". "Paintings" in needlework can be hung without framing. Four in set $3 plus 50c post. American Consumer, Dept. EP-46, Caroline Rd., Philadelphia, PA 19176.



NATURAL

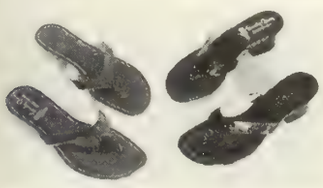
A cane kit that includes sheets of cane and complete instructions for repairing grooved chair seats, room dividers, what have you. Square cane sheets in three sizes: 12", $6.75; 18", $10.25; 24", $14.75. Ppd. Catalogue, 25c. T.I.E., HG7, Box 1121, San Mateo, CA 94403.



STRAW VOTE

A wicker basket, needlepointed monogram. Kit includes 10½" x 6" x 5½" basket, wool, instructions, canvas, monogram chart, velvet ribbon in rose, blue, red, black, green or gold. Open basket, $4.95; lidded $6.95. Add 50c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.





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Perfect with your summer wardrobe. In chic, durable vinyl. Choose a color for every occasion. With heel—in black, white, gold, silver, and combinations of hot pink, green, navy, and yellow with white. At **$8.95**

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Please add $1.00 per pair mailing. Conn. res. add 7% tax. Ladies' half sizes 5-10. Order normal shoe size. Send check or money order to:

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THE PEWTER LOOK



Our stainless steel flatware authentically reproduced from an antique English design. Classic pistol handle knives, 3 tined forks . . . and a mellow pewter look. Dishwasher safe. Service for eight includes: 8 dinner forks, 8 dinner knives, 8 salad forks, 8 soup spoons, 16 teaspoons and 2 serving pieces.

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Prices include [illegible]

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Own your own phone and save

Add an unusual decorator accent to your home and save money at these low, sale prices!



Ericofon $39.95

[illegible] with dial, cord, plug and chirper



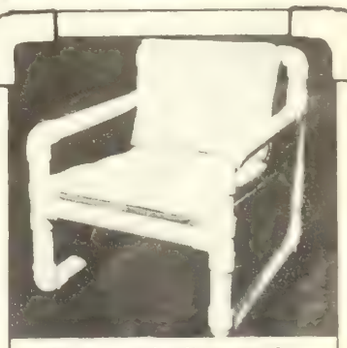
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1121-E [illegible]



SLENDER BEAUTY

Start cuttings in an 8" clear glass tube to set hanging in a graceful nylon macramé holder. Choose green, yellow, orange or white macramé. Overall size is 26" when hung. $3.50 each, two, $6.50 Ppd. Hawthorne East, HG7, 18 S. Village Ave., Rockville Centre, NY 11570.



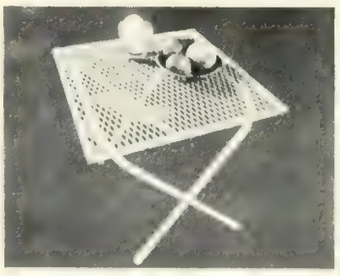
SPARKLING ACCENTS

Crystal glass magic cubes are perfect for various decorative functions. Made tough for safe handling. 5-sided, 16" by 16". "Clear" cubes, each $49.95. Also "Gray" or "Bronze" cubes, each $59.95. Ppd. Ronstan Co., HG7, 102 No. Brand, Ste 317, Glendale, CA 91203.



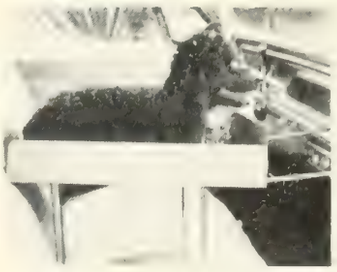
PAINLESS TRIMMING

Groomette is a neat little instrument of fine surgical steel to trim hairs in nostrils and ears. Insert in nostril or ear, twist knob, hair is snipped off without damage to sensitive tissues. $2.98 plus 30c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



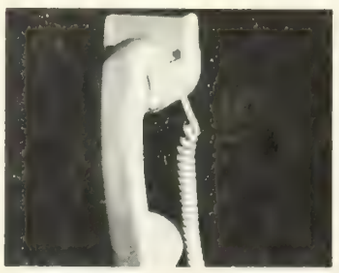
PATIO TABLE

Sturdy steel table in white baked enamel is ideal for plants, TV, lamp or buffet use. Has airy, grillwork top. Folds flat for storage. 16" by 16" by 16" h. $3.95 plus $1 post; three for $11.45 plus $2.50 post. Crown-Castle, PT 510, 51 Bank St., Stamford, CT 06901.



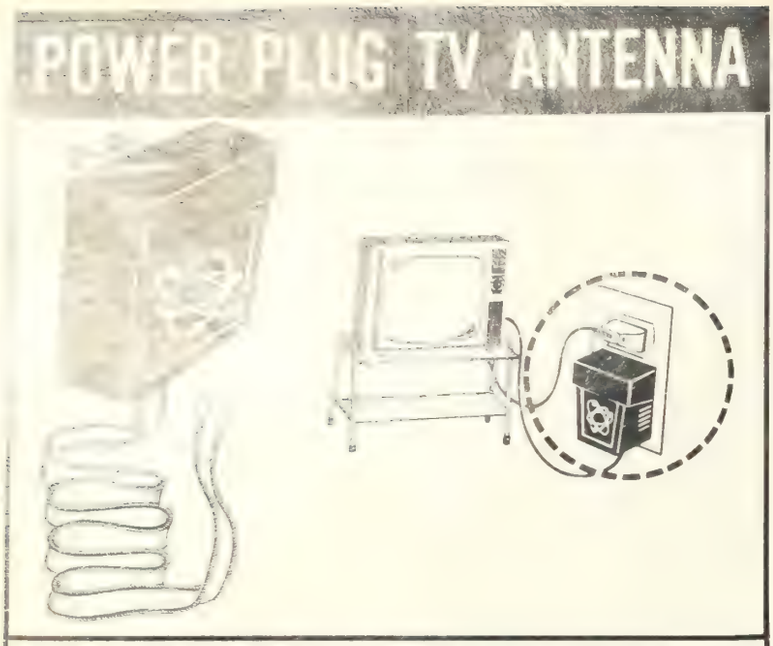
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Chinese Brass Trivets

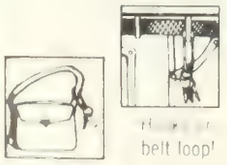
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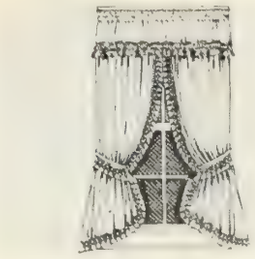
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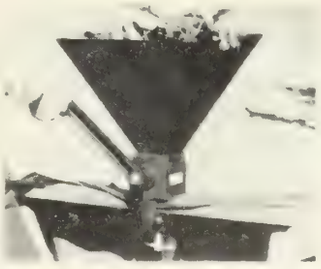
WINDOW DRESSING

Polyester-cotton muslin needs no ironing. Natural or white. 2″ brush fringe. 94″ w. pair. 24″, 30″, 36″, 40″ long $6.50; 45″, 54″, 63″ $9; 72″, 81″, 90″ $11; valance $3; tiebacks, pr. $1. Add $1.50 post. Colonial Maid Curtains, HG7, Lawn Terrace, Mamaroneck, NY 10543.



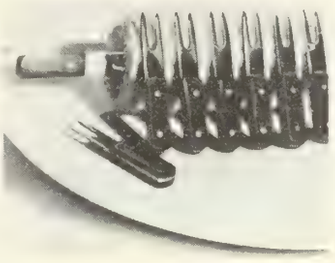
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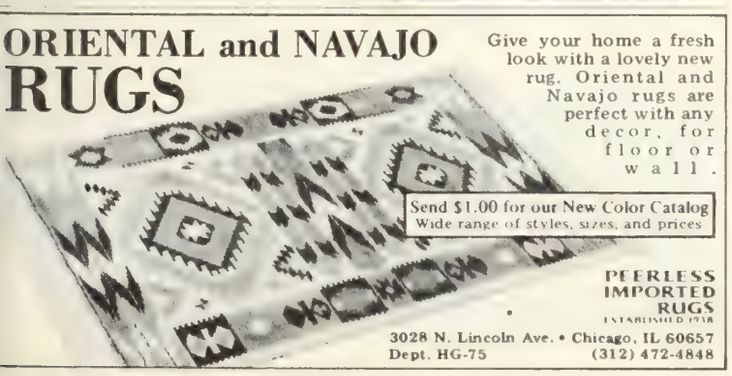


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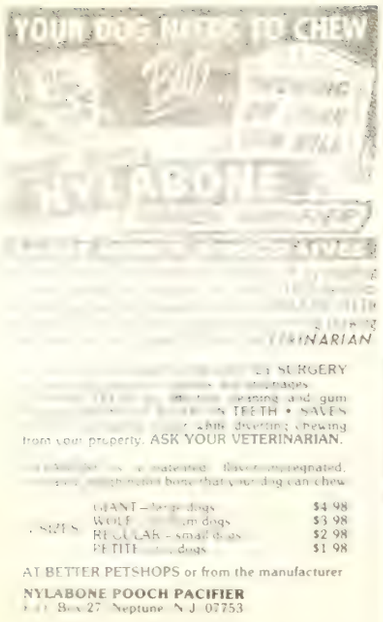


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HIS MIDAS: bikini swim suit is dazzling gold and silver nylon lamé with brass buckle sides (Gold or Silver) S-M-L-XL $9.95

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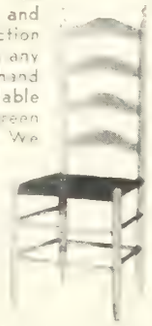
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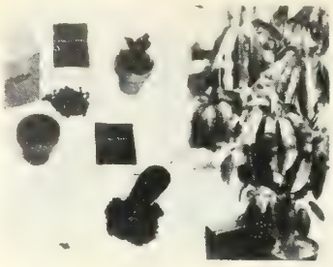


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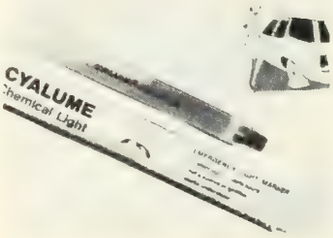
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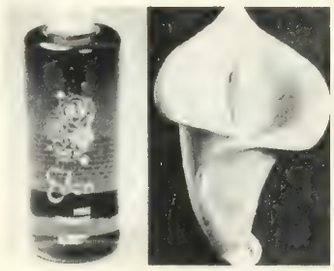
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Grow costly schefflera with an inexpensive kit. Lush foliage needs no direct sun, ideal for cities. Claypot, terrarium dome, seeds for 2 plants, charcoal, soil, instructions. $3.75 plus 25c post. South Pacific Imports, HG7, 5143 W. Diversey Ave., Chicago, IL 60639.



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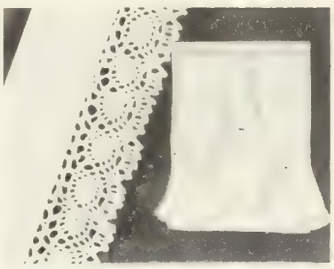
Round golden face pendant has dangling diamond-bright eyes and an ear-to-ear grin. Comes on a 23" double-link gold-tone chain; safety-catch pin back. Boxed. $3.95 each; two, $6.95; three, $9.95. Ppd. Plantron, Inc., Dept. 4126-38, 2207 E. Oakland Ave., Bloomington, IL 61701.

HEARTH GUARD



Friendly little cricket, long a symbol of good luck and good health, is skillfully crafted of black wrought iron. A mere 2½" long, black, he stands at your own hearth or makes a winning gift for housewarmings. $2.69 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.

IRISH LACE RUFFLES



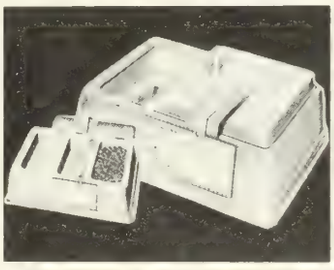
Lovely two-inch ruffles dance along the edges of curtains in white or unbleached muslin 90" w. per pair. In 45", 54" and 63" lengths $15 pr.; 72", 81", 90" lengths $18 pr. Add $1.75 post. per order. Free brochure. Country Curtains, HG71, Stockbridge, MA 01262.

POWDER HORN



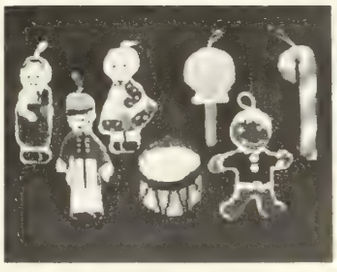
Made like those used by early settlers, this decorative, genuine steer horn is a great find. Ideal for your mantle or den wall. Three sizes: 6" long, $8; 12", $15; 24", $28. Ppd. Write to The Muller Co., HG7, 11 Dogwood Hollow Lane, Miller Place, NY 11764.

WHEN MASTER'S AWAY



Three compartment feeder with dial is for owners who must be out at cat or dog's regular meal time. Compartments hold two cans of food, one of water. Set for two to 15 hours. Lid pops up when timer goes off. $19.95 ppd. Graymar Co., HG7, 2511 St. Paul St., Baltimore, MD 21218.

NEEDLEPOINT ORNAMENTS



Soldier, lollipop, candy cane, drum, Raggedy Ann and Andy and gingerbread boy—complete kits with canvas, Persian Paterna wool, needle, chart and instructions. 3½" to 5". $2.25 each. Any six, $11.95. Add 50c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.

PROTECTION!



Non-allergenic foam fleece mask slips over mouth and nose to protect from sick room germs, paint, cleaning fluids or garden sprays. One size fits all. Washable and reusable. $1.98 each plus 15c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



Blue Spatterware

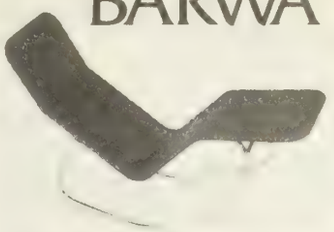
The very same blue enamel spatter cooking utensils that Grandma used. Equal to any modern day cooking chore, handy hanging holes for charming country display. Spoons are sized 1 tsp. (6"), 1 tbsp. (7½"), and 2 tbsp. (8½"). Crafted in Mexico.

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9991 Coffee Pot (4 cup) $4.75
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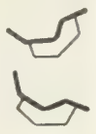
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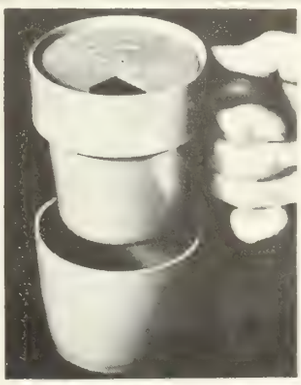
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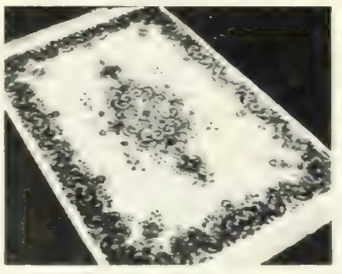
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Handy book lets you jot down every phone number and detail a babysitter might need. Has checklist for efficient review and year's supply of pads. Red vinyl hard cover. A great gift. $3.95 plus 50c postage. Romar Sales, Dept. RS-3T, 380 Madison Ave., New York, NY 10017.



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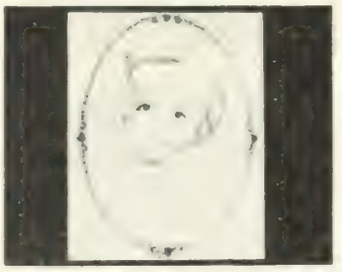
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ntinued from page 98

ister" coffee maker: $55, by
un. 2nd shelf, **"Coalport Coun-
ware"** creamer, $14; sugar, $17;
pot, $26. By Wedgwood, at Bloom-
dale's. 3rd shelf, **"Pillivuyt" 8-cup
pot:** $11.50; 9-ounce pitcher, $2.70;
up teapot, $8, at Jordan Marsh; 4th
lf, **glass pot bowl:** $54, by Lauffer,
rtfolio; 5th shelf, **mugs:** $9 each.
Wilton Armetale, at Georg Jensen.
shelf, **Octagonal platter:** $27.50;
getable bowl, $18; salad plates, $10;
ner plates, $11; serving bowl, $22.
Wilton Armetale, at Georg Jensen.
shelf, **wine bowl with cover:** $50;
lle, $17; **hors d'oeuvres set with
glass inserts,** $10. From Spring
thers, at Bridge Co. 8th shelf,
ter goblets: $10 each. By Wilton
metale. **4-quart saucepan on
untertop:** $18, by Revere; **acrylic
nisters,** $25. By Edgar Watkins
bics. At Lord & Taylor.

ntry storage—right cabinet

p shelf: canning jars, 2 half-gallon
s, jelly jars, 3 pint jars; 2nd shelf,
int, wide-mouth jar, 2 quart jars,
-quart, wide-mouth jars. All by Ball
p.
und baskets: corn sifter, $9;
ven square canister, $6. From Primi-
e Artisan.

rage oven wall—left cabinet

**p shelf: 2 plastic trays with
ndles:** $22 each, by Morgan De-
ns. **Acrylic apple baskets:** by
o's Company. 2nd shelf, **"Pilli-
vt" ring mold:** $12; **"Pillivuyt"
kugelhupf mold:** $10, at Jordan
rsh. **Two stacked cylinders:** $3.25
d $4, by Crayonne by Janus 2;
hite bowl: by Crayonne. Both at
sign Research.
**ainless steel fish poacher over
en:** $110. By Spring Brothers. At
Bridge Co.

er counter—right cabinet

**p shelf: 2 "Pillivuyt" quiche
ns,** $17 and $16, at Jordan Marsh.
rex baking pans: by Corning
29 and $2.79; **2-quart glass souf-
:** $16.50, by Gense. Georg Jensen.
d shelf, **White plastic cylinder:**
, by Crayonne; **2 yellow bake
ns:** 3-qt., $31; $1\frac{1}{2}$ qt., $22. By
oco. At Bloomingdale's.

dercounter—left cabinet

p shelf: 2 glass frying pans: $24
d $32.50. Gense. **2 small "Pilli-
vt" quiche pans:** $3.50 each, at
dan Marsh. 2nd shelf, **juice ex-
ctor,** $70; **citrus juicer,** $27; **uni-
sal slicer,** $45; mini coffee grind-
$23. By Braun.

dercounter right cabinet

**p shelf: "Kitchen machine"
h attachments:** $175, by Braun;
d shelf, **electric cooker and fryer:**
.95. By Sunbeam.
ife lying on kitchen counter:
t of a 6-piece cutlery set. $60 the
By Carvel Hall division of Towle
versmiths. At Macy's.
opping board on counter: $2.39.
Ekco.
**oalport Countryware" coffee-
t:** $30; cups and saucers, $12. By
dgwood. At Bloomingdale's.
rylic stacking canisters: 3 4"
es, $20 each; 1 1" x 8" vertical.
; **acrylic creamer and sugar
wl:** $15 the set. Both by Edgar Wat-
s/Cubics. At Lord & Taylor.
**elmi" sherbet glasses on swing-
t shelf:** $8 each. By Arabia. At
sign Research.

ndry Area

uchess" ironing board: $13.75
Lady Seymour.
ower Team" vacuum cleaner:
9.95. By Eureka.
luxe Spray Mist or Dry Iron:
.95 by Sunbeam.
octurne" towels: in forsythia,
ndarin, and midnight blue. By Utica
Fine Arts by J.P. Stevens.
"Batik" towels: by Burlington Do-
mestics.

Detail of cooktop

**"Lunar Yellow Cabbage" cups and
saucers:** $4.50. At Altman's.
White plastic tray: part of the "Max
I" service by Heller Designs.
Glass pitcher: $48. By Lauffer/Port-
folio.
Glass jug: from Glassware Interna-
tional.
Glass carafe on table: $14. By Royal
Krona of Sweden.
Detail of wall scale: scale by Hanson.
Pie plates and peeler/corer: by
Ekco.
"Table Topper" trivet: $9 set of 2.
By Lauffer/Portfolio.
Vinyl planter: medium size, $5.75.
At Taylor & Ng.

**WHIZ KITCHEN HELPERS
Pages 78–79:**

Top row left to right

2-cup mayonnaise handblender:
cuts as well as beats, plastic blades,
plastic body, plastic cover, disassem-
bles completely for cleaning. $6. At B.
Altman & Co.
Plastic handled clam opener: $7\frac{1}{2}$"
long, scissors-like operation, blade
alone can be used as a shucker. $7.25.
At B. Altman & Co.
**"Micromatic" combination micro-
wave/conventional over/under
range:** 1.2 cu. ft. interior microwave
oven, easy-clean, acrylic surface, 60-
minute Micro Timer, Digital Control,
automatic defroster switch, see-through
black glass door; range has full-sized
ceramic smoothtop, 3 6" heating ele-
ments, 1 8" "quick heating" element,
indicator lights for heat; range oven
is pyrolitic cleaning, smokeless broil-
ing, roll-out storage drawer, black glass
door. $1099. By Litton Industries.
"Roll Star" vegetable mincer: plas-
tic case encloses 9 stainless blades,
which disassemble for cleaning. $3.60.
At Bazaar Francais. **Extra long acryl-
ic cutting board:** 23" long x 5" x $\frac{1}{4}$"
thick, textured surface is dishwasher
safe, of Rohm & Haas Plexiglas. $6.50.
At Lucidity.
**"Shredmatic" slicer, shredder,
chopper:** 3 stainless blades, French
bean slicer attachment available, suc-
tion cup base for a firm counter grip.
$11. At Altman's.
"Drain 'n Strain" pan: 3-quart ca-
pacity, lock-on cover permits one-
handed draining, aluminum, may be
used as a conventional saucepan.
$5.99. By Mirro.
"Jet Gaz" tabletop stove: $13\frac{1}{4}$" x
$8\frac{1}{2}$" x $4\frac{1}{2}$" deep, with jet "Clic" gas
cartridge to order from SEB, auto-
matic lighting, each cartridge yields up
to 6 hours of fuel, portable. $49.95. By
SEB of France.

2nd Row—left to right

"Super Skewer": works on the prin-
ciple of the heat transfer, liquid inside
skewer heats meat from inside to re-
duce cooking time, not for use in
microwave ovens, dishwasher safe.
$12.95. By Isothermics.
"Crock-Pot Deluxe": 5-quart stone-
ware cooker/server in a Lexan case,
electric.
"Bread 'n Cake Bake Pan" insert:
5-quart heavy gauge anodized alumi-
num, vented to allow moisture to
escape, available in $3\frac{1}{2}$-qt. size. Crock-
Pot, $42; bake pan inserts, $5.95. By
Rival.
Galvanized steel sardine grill:
$14\frac{1}{2}$" diameter, grills 12 fish, long
handled, lightweight. $32.50. At Ba-
zaar Francais.
**Yellow plastic egg stand and snip-
per:** set of 4 stands includes snipper.
$2 a set.
Convertible-portable dishwasher:
built-in or freestanding, 2-speed wash-
ing, rinsing, super-speed for harder to
clean pots, 2 spray arms, 5 automatic
cycles, self-cleaning filter, 5-position
upper rack. $399.95. By Whirlpool.
**"Circa 76" Mirro-Matic polypro-
pylene percolator:** 4-8 cup capacity,
fully automatic, lock-on cover, extra-
wide base. $11.95. By Mirro. **Sugar
and creamer:** from Seabon Scandi-
navian Imports.
Smooth Top Range: 30" x $25\frac{1}{4}$" x
36" to working height, two 8" cooking
units, 2 6" cooking units, self-cleaning
pyrolytic oven, waist-high broiler in
upper part of oven, cooktop requires no
special cookware, optional rotisserie.
$475. By Caloric.
Parsley chopper: green plastic hop-
per with crank handle, stainless blades.
$2.40. At Bazaar Francais.

3rd row—left to right

Toaster Oven/Plus: 7" x $14\frac{1}{2}$" x 6"
high, toasts, bakes, broils, "Select-
Ronic" color control panel indicates
temperatures, nonstick surface of broil-
er tray, oven tray, oven rack, broiler
tray and crumb tray lift out for clean-
ing. $47.95. By Proctor Silex/SCM
Corp.
Ice crusher: makes 8 ounces of
crushed ice at one time, ABS plastic
body, stainless blades. $8. By Terrail-
lon. At Bloomingdale's.
**"Touchmatic" Radarange micro-
wave oven:** $22\frac{3}{4}$" x $17\frac{1}{4}$" x 15" high,
microwave oven with solid state com-
puter, smooth glass electronic touch
panel sets cooking time, eliminates
conventional timers and controls, al-
lows automatic multi-step "pro-
grammed" cooking operations, includ-
ing "Slo Cook" and "Defrost" cycles,
stainless interior. $595. By Amana.
Coffee grinder: $2\frac{1}{2}$ ounce capacity,
grinding bowl stainless steel, liquid-
izer attachment has its own cutting
blades and lid, fits into top of coffee
grinder. $20.95. By SEB of France.
Stainless steel steamer: 5-quart ca-
pacity, "Thermoradiant" bottom inlay
of heavy aluminum between two layers
of stainless, dripless rim, sits flat, ex-
cellent for ceramic cooktops, steamer
may be used as a colander, pan may
be used as a stock pot. $80. By Cuisin-
arts. At Neiman-Marcus.
Automatic Drip Coffeemaker: 2-8
cup capacity, 12" high, 30 filters
packed with coffeemaker, "Keep
Warm" heater keeps temperature con-
stant. $41.98. By General Electric.
"Woven Cane" ceramic cooktop:
smoothtop cooking surface with 4 cook-
ing elements, 3 thermostatically con-
trolled, removable controls for clean-
ing, patterns available Spice Trade,
Antique Lace, Kitchen Potpourri, and
Ticking Stripe. By Corning Glass
Works.

4th Row—left to right

Handheld plastic cheese grater:
mill grates chocolate and nuts, stain-
less blades. $5. At Altman's.
Knife sharpener: 5" long, lip grips
table edge to insure stability. $6.25.
By Henckels. **Kitchen utility knife:**
8" French blade, handle of solid alumi-
num alloy. $18.50. By Gerber Legend-
ary Blades. At Bloomingdale's.
**Mini Energy-Saving "Speed
Oven":** convection oven bakes and
roasts up to a third faster than conven-
tional gas or electric ovens. Jet Fan
circulates heated air for even cooking.
24" x 18" x $18\frac{3}{8}$" high, 2-piece broiler
pan, 5-position selector switch, continu-
ous cleaning oven, side-swing double
glass door. $154.95. By Monarch.
"Rustica" colander: dishwasher
safe plastic, rotating handle. $3.95. At
Nordiska.
**"Minutemaster" countertop micro-
wave oven:** $21\frac{9}{32}$" x $16\frac{7}{8}$" x 15" high,
solid-state "Vari-Cook" oven control

Continued on next page



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New York, N.Y. 10017

regulates microwave power from 65 to 650 watts, 6 settings, 1.2 cu. ft. interior, 60-Minute Micro Timer, see-through black glass door. $469. By Litton Industries.

Easy grip knife: 13¼" overall length, serrated blade of Swedish steel, designed for frozen foods, dishwasher proof, handle designed to reduce strain to wrist, 9" blade. $14.50. At Seabon Scandinavian Imports.

7-speed Blender Plus: dishwasher safe plastic containers in 12-, 16-, 44-, and 48-ounce sizes, detachable blades for cleaning, cord storage. $31.95. By Hamilton Beach. At Jordan Marsh.

Vegetable, fruit and berry washer: water-tight polypropylene plastic to use as a bowl, colander, or drain basket, crank handle. $12.95. By Mouli.

5th Row, left to right

Glass Ceramic Indoor Barbecue Grill Cooktop: 21⅜" x 12" wide, 4 electric elements, 2 large and 2 small plus element at center-rear for an interchangeable grill and griddle, when not in use may be used as a warming tray, indicator lights for each element. $500. By Modern Maid.

Acrylic cookie cutters: 4 shapes—circle, star, spade, and heart with extra sharp edges. $3 a set. By Two's Company. At Bloomingdale's, New York only.

"Presto Burger" hamburger cooker: hamburgers ready in from 1 to 3 minutes, cover locks for no-spatter cooking, completely portable. Under $20. By Presto.

"Tiara" single lever faucet: 10 year warranty on removable valve cartridge providing free exchange privileges in the event of leakage, valving based on precisioned discs. $77.10. By Elkay.

Bar sink: 25" x 15" in antique red, stainless steel garnish cups, hardwood cutting board, sink made of acrylic. $95. By Kohler.

7-quart glass Rumtopf: screw top with rubber gasket as in canning jars, recipe booklet included. $20. At The Little Gift Shop.

Mini spice mills: whole, fresh spices in 6 varieties from .37 to 1.4 ounces, disposable when empty, made in Portugal of ivory colored and clear high-impact plastic. 99c each. By International Spice.

Deluxe single convertible grill: 21½" x 18 1/16" wide, 190 sq.-inch cooking area, cooking grates in two sections, two infinite controls. $269. Optional ceramic cooktop (shown) is a plug-in element, lifts out for conversion back to grill, $115; standard cartridge element, $65. Optional accessories include rotisserie, shish kebab, French fryer, nonstick griddle. By Jenn-Air Corporation.

Tile background: "Redi-Set System 100" pregrouted, glazed tile sheets, 16 tiles per sheet, tiles measure 4¼" sq. By American Olean.

WINE & FOOD

Page 83:

Glass canning jars: a selection of canning jars from the American manufacturers Ball and Kerr; the French line La Parfait "Super" imported by Glassware International. ■



One picture is worth a thousand words.

But the words are worthless if you aren't listening. Please don't turn a deaf ear. Help Smokey. Help prevent forest fires. Spread the word.

Advertising Council

Building Facts

Materials and equipment in the house on page 66

ARCHITECT: Norman Jaffe
CONTRACTOR: Subcontracted by owners
SIZE OF HOUSE: 3,600 square feet
INTERIOR DESIGNER: Trudy Schlachter

STRUCTURE

Foundation: Concrete block foundation walls on concrete footings.

Framing: Standard wood frame construction of walls, floors, ceilings, and roofs.

EXTERIOR OF HOUSE

Exterior walls: Horizontally applied Western red cedar siding and granite.

Exterior finish: Silver gray stain 861 by Samuel Cabot, Inc.

Roofs: Built up roofing: layers of bituminous coated building paper by Johns-Manville topped with gravel.

Insulation: In ceilings, floors, and roofs, glass fiber batts by Owens-Corning Fiberglas Corp.

Windows and doors: Aluminum frame, bronze finish, sliding glass doors and windows by Crossly Window Corp. and fixed glass panels.

Entrance doors and interior doors: Built up red cedar and hollow core birch.

Skylight over stairs: Fixed glass panel.

INTERIOR OF HOUSE

Interior Walls: In major room, horizontally applied Western red cedar; in hall and living room, granite. In kitchen, Western red cedar and Sheetrock dry wall by U.S. Gypsum Co. In children's bathrooms, 2-inch square white ceramic wall tile by Wenczel Tile Co.

Ceilings: In major rooms, Western red cedar; in bedrooms and playroom, Sheetrock drywall by U.S. Gypsum Co.

Floors: In major rooms, 24-inch black slate squares; in bedrooms and playroom, wall-to-wall carpet; in bathrooms, ceramic tile by Wenczel Tile Co.

Lighting fixtures: In ceiling, recessed cylindrical fixtures, wall washer concealed units, canister type fixtures; on walls, canister type brackets.

Interior paints and stains: Silver gray stain 891 by Samuel Cabot, Inc. and paints by Devoe Paint Div., Celanese Coatings Co.

Fireplace: Granite with damper by Miller Dome Co.

Hardware: With dull chrome finish, General Lock Div., Schlage Lock Co.

Music system: Quadraphonic system with speakers in living room, kitchen, master bedroom, family room, and at pool. Stereo/quad 8-track deck and tuner by Harman-Kardon, turntable by United Audio.

Cabinets and countertops: Living and dining room wall cabinets faced in black Formica; kitchen cabinets and countertops covered in white Formica. Master bathroom countertop of 4-inch black ceramic tile.

Plumbing fixtures: All white by American-Standard, Inc.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Double, stainless steel sink; refrigerator-freezer and undercounter dishwasher by Admiral Corp.; stainless steel four-burner electric cooktop with grill, Trade Wind ventilating fan and stainless steel hood, two built-in-wall black glass ovens by Thermador Div., Norris Industries; Stor-Mor trash compactor by Amana Refrigeration, Inc.; built-in Foodmaster preparation center by Ronson Corp.; laundry washer and dryer by General Electric Co.

Water heater: 80-gallon tank by A.O. White.

Heating and cooling system: Forced warm air with controls by Honeywell.

Men continued from page 59

respect for the woman who does
t forward her point of view."
ually, he adds, some men are
ıctant to help change the house-
ping situation because they fear
ɔss of masculinity, particularly
hey have been brought up to
ieve that domesticity is "wom-
s work." Dr. Weinstein, a bach-
r now after eleven years' marri-
, believes his partnership failed
ause he fell into this trap. "I
s a chauvinist, if you will, but
wife didn't see it like that.
did all the things that she was
l a wife should. I think we were
ch too tied up with each other,
as time went on we needed to
sue an independent course. If I
rried again I certainly would
nt the woman I married to have
independent life of her own,
hin the sharing of marriage."
for household chores, he insists,
hink it's just a matter of organi-
ion and scheduling. It doesn't
her me now if the bed is un-
de, though it would have be-
. I think if I were living with
ıeone who is pulling her equal
ght in the relationship and con-
uting in every sense to the
intenance and support of the
ısehold, it simply wouldn't be
issue. You get out of the master-
ant setup, which is really de-
ıctive to both people, and cer-
ily not what I would want now."
ırchitect Russell Childs *is* into
second marriage, after seven
rs of bachelor living follow-
his divorce, and has put a
ıpletely different sort of part-
ship into operation. His wife,
ten, is an interior designer and
share a partnership in busi-
, too with another architect,
ley Armstrong. "I have relaxed
whole sense of priorities," he
. "I remember having a big
haha about taking out the
age at one time, in my first
riage, but I don't think that
ever been a problem with Kir-
. It just doesn't bother me any
e. I've modified my behavior
ıround. I even take my mud-
died boots off before I walk on the white bedroom rug, unless it's an emergency." When they did once have a conflict, both were working at the office late and Kirsten left an hour earlier to shop the supermarket for supper. "Russell always expected at least a two course meal at 10 or 11 at night. I felt that was too much, so I said, all right, you do that and see how you manage." Reversing the responsibility for two weeks, Russell did all shopping and cooking and Kirsten stayed on at the office. "I had a wonderful time working quietly into the late evening, and then I came home and found pizza! In two weeks we ate every supply in the house, there wasn't one can left. We ate out almost three meals a week." Added Russell: "I understood what a lot of thought went into that organization of food preparation." The Childs give a business dinner party about once a week, share the work involved in entertaining. She cooks and shops, he does last-minute pickups, and buys the liquor. They both do the dishes. Again this is a new experience for Russell. "My general philosophy is to let things pile up, but I've learned at home anyway that it is more effective to clear up as it happens. Now I'm very conscious of bathroom puddles and mop them up afterward."

Frank Woodard, married five years to Judy (both are in banking), reflected in a parallel way: "My attitude about keeping the apartment clean and taking care of it is that it's like taking care of yourself. It's my environment I want to keep it clean. It's like brushing my teeth every day or soaping my body. Most of my friends feel the same. This is my house and I live here, too, I want to enjoy it and take part in the upkeep of it."

However, this is relatively new thinking on his part he is ready to admit. He adjusted when his wife got a job a year after they were married. "You've got to work out a pattern to suit your lifestyle," he added. "The big part is not to have any preconceived notions." When they first were both working, they'd come home and find nothing in the refrigerator for supper, so they decided to split up the meal responsibility. Now he cooks and shops Monday to Friday, and she does it on weekends. Added Judy: "His cooking is more creative than mine, we eat better because there's more variety. His mother was a good cook and showed him how to make showy things, soups, casseroles, and lots of good dishes." They clean the apartment together once every two weeks. "That way it gets done quicker and we can go out and do something else. It sounds very organized, but we're not. Neither one pushes the other."

Donald MacNary is a husband who took over the total running of the house and children when his wife went back to school to study for a master's degree. He was a vice president in a big corporation, going through a midcareer crisis and decided to "fall free and see where my nose took me." The contrast in housekeeping he found "very pleasurable. I had plenty of time to myself, which I never had before. I would walk to town, browse in the library, it was absolutely delightful, a super time for me to be myself, have internal dialogues when I really needed to do that. Using my experience in general management, we started shopping against menus plotted out for the whole week, so we only had to go to the supermarket once a week. Sure I felt itchy and depressed and snapped at people at times, it was scary and I needed courage. My wife and I became different people before our own eyes, so we are essentially reconstructing our relationship and starting our second marriage. That's why the whole thing turned out to be so fascinating." Mr. MacNary looks ten years younger than his forty-five years, jogs three times a week, feels "beautiful," has set up a new business in partnership with a psychologist counseling other men who want to make midcareer changes. Ellen, his wife, now with a part-time job in education curriculum, shares the chores with him. He cooks mostly, the children clean up. She has taken over the checkbook. She'll clean the kitchen floor, he'll do the icebox, stove, and oven. "It depends who gets bugged by what but we have a fairly relaxed attitude about what has to be done." He says his year's spell at housekeeping vastly improved his life with his three children. "My eldest one says to me when I was doing my old job, I wasn't really with them, then. I feel the stereotyped roles are eroding for both partners. You should have seen me five years ago. Now I'm really on top of the world, and I've never had a better life."

The houseworking husband does need reinforcement and praise, Katy Becker remarked. Her husband Philip, an advertising copywriter, pitches in at weekends. "I'm pretty fussy, but I've decided not to be so fussy. I don't shout about spots on the windows when he's cleaned them, I leave them that way, hoping there'll be an improvement next time." About to launch out into the working world after six years' of motherhood, taking care of two children, she is determined to reframe her ideas. "Probably a lot of the housework just won't get done. If I can make enough money, I'll have somebody else come in and do it. I don't want to spend the rest of my life just dusting. My children are secure and I would feel better if I were working. Before, when I needed help I felt I couldn't ask because that made me a nagging wife. Then I got used to saying, hey do this or would you mind vacuuming the rug?"

Philip, quite obviously respectful of her assertive ways nodded: "I shall compensate when she goes out to work. Doing the dishes is good therapy for me anyway." ■

Plant savers

Evergreens that look like cypresses... Gardening with railroad ties... When to harvest vegetables... A new kind of pyrethrum insecticide

Tying in keeps old evergreens looking new



Rows of arborvitae frame two sides of the lawn at the Richard V. Hares' house (see page 34). They are 35 feet tall—they have grown 10 feet in the last 10 years—and, because of a wiring technique Mr. Hare devised, they are erect and dense. When the Hares bought their Long Island place eleven years ago, they found that most of the trees had developed three separate trunks. Branches were spread and separated by age and neglect. Mr. Hare, on a step ladder, *above*, decided to improve their contour. Starting at the bottom he tied the trunks together every 6 feet with a single knotted loop of smooth rubber-covered wire. The wire is about ⅜-inch thick, gray or black for camouflage. Problem limbs were treated individually and tied to the strengthened trunk. No wires show, and the trees regained their shapeliness. Mr. Hare checks the wires from time to time to be sure they do not cut into the branches or slacken, but he has not had to do top-to-toe tying but once, and he never prunes or shears. Hollytone fertilizer, applied every second year, helps keep the trees green and healthy.



Arborvitae trees look like Italian cypresses in the Richard V. Hares' garden, *below*. He trains them into narrow spires by tightening multiple trunks and drooping branches with rubber-covered wire.

Railroad tie gardening

In the McBratneys' garden (page 54), retaining walls are stacked-up railroad ties. Walls of this type are considerably less expensive to build than walls of conventional stone or brick. Nowadays, 8-by-8 timbers are used rather than actual railroad ties. Pinned together by heavy spikes or rods driven into predrilled holes, the timbers may be stacked to any height. Treated with creosote or some other wood preservative, they weather to a pleasant brown-gray color that blends well with earth and plants. However, since a certain amount of the chemical used as wood preservative is bound to leach out with rainfall, plants should be kept several inches away from the timbers. Creosote is particularly harmful to plant roots, so a strip of gravel or other drainage should be placed at the wall base, between planting and the wall itself. The McBratneys' garden was designed by Allen Haskell of New Bedford, Mass., who has been a consistent prize winner at the Boston Flower Show. Mr. Haskell's 1975 flower-show garden made handsome use of everyday garden vegetables—lettuce, Swiss chard, and parsley—in a variety of containers. Enough salad greens for any small family could be grown in this way—good to look at and good to eat as well.



Salad greens are right at hand in pots and bowls on a wood-decked terrace.

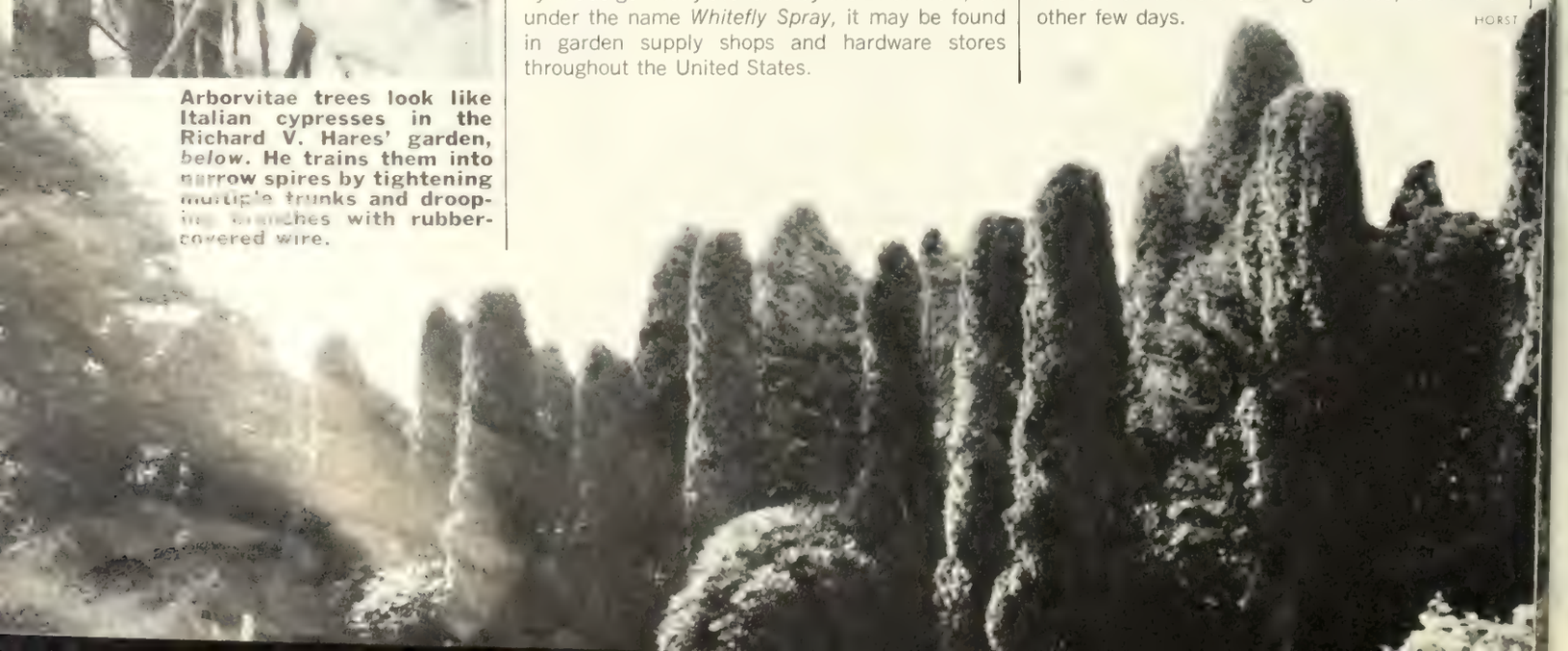
An old-time bug killer has now been improved

Pyrethrum has long been acknowledged as just about the best of all insecticides. It is effective on a wide range of plant pests, yet has no effect on birds and other warm-blooded creatures. Unfortunately, pyrethrum has become increasingly scarce and expensive, since it is extracted from a kind of chrysanthemum, which severely limits the supply. However, industrial chemists have been at work on the problem of making a synthetic pyrethrum and have finally succeeded in producing one. This is known as *resmethrin SBP 1382,* and is now becoming available for use by home gardeners. Tests by the U.S. Department of Agriculture have shown that this synthetic pyrethrum is as good as, if not better than, the natural product. It has turned out to be particularly effective against that almost ineradicable pest, white fly. Made generally available by the B. G. Pratt, Co. under the name *Whitefly Spray,* it may be found in garden supply shops and hardware stores throughout the United States.

Pick vegetables when they're at their best

It's time to start cropping the vegetable garden. Carrots are sweetest and most flavorsome when no more than finger size. Beets are delicious when they're no bigger than hazel nuts, cooked tops and all. Your thumbnail is the best guide for judging the edibility of summer squash, zucchini, and cucumbers. If the skin of any of these cannot be easily pierced by a thumbnail, pick them anyway but put them on the compost heap, not the dinner table. Peas are at their best when the pods are no more than half filled out. As for sweet corn, if the kernels don't spurt milky juice under nail pressure, leave them for the birds. Incidentally, corn husks may be gently split apart to check on the kernel's maturity without harm to the developing ear. Simply split the husks about a third of the way from the top, using thumbnails again, and if the ear is not mature enough to use, leave it another few days.

HORST



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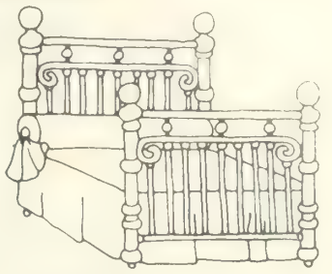
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Couples continued from page 58

she's away, he gives parties. "Since I work with people all the time," she says, "I value my privacy at home. For Philip, it's the other way round. His work is solitary—so he likes company." This is a fine example of a couple working out their separate needs in a way that both feel fulfilled and more relaxed and close when they are together. There are, of course, more subtle ways of appreciating separateness—the uniqueness of "me" and "you" takes a whole lifetime to develop and discover.

4. Observe other couples. You can learn from them. People imitate other couples, particularly, of course, their own parents, the first couple relationship anybody experiences. Talk to your parents and find out what happened in their relationship. Use that information in your own life.

5. Try an "instant replay" of a quarrel or misunderstanding to learn how it happened. Go over it, act it out again without the emotional overtones. People learn enormously from *seeing* how they act, rather than just experiencing it. You often think or intend to say something, and yet your partner sees and hears it quite differently. Sometimes it takes a third person to help you see what's happening. Listen to what your friends or children say—and you may find the cause of the misunderstanding. In family therapy, videotape is being used frequently for just this purpose. A camera in the room tapes a couple in a characteristic quarrel or moment of communication (positive aspects are also recorded). Then the tape may be played back to the couple, so that each sees him or herself as someone on the outside of the relationship looking in. Just having this opportunity of "seeing yourself as others see you" can begin to make a difference in a couple's feelings and behavior.

6. Work out a specific agreement with your partner to divide labor at home. If you feel the division is unequal, work it out verbally or by writing it down. Don't just leave it to chance. Then you both know where you stand. "When I first started working again I was very self-conscious about dividing the household labor," Martha Grausman admits. "The demands of being a wife, mother, and dancer were very great. But my self-consciousness was destructive—I felt guilty and it made things worse." The Grausmans worked it out in the end without having to make a contract—but it can help very much, particularly in these days of new household freedom.

"One of the difficulties of the new liberated household is the emphasis on superficial things, such as who does the dishes and who washes the clothes," Dr. Podesta points out. "These questions can become overwhelming to a relationship, and make the couple forget what they *really* want to do. A verbal agreement can get all these details out of the way, freeing the time to enjoy one another more—assuming, of course, that a couple is ready for this greater intimacy."

Being a couple today has changed dramatically from our mother's day, mainly because now women, as well as men, are concerned with fulfillment as individuals as well as through the family. That is why "knowing thyself as separate" is such a vital principle. "The difficult thing is letting things evolve *naturally*, without having to throttle each other about who does what," the Grausmans say. "Everyone makes his or her own mistakes. There isn't any easy way out. You have to have patience and desire to make it work. Now I think we have achieved a balance—like becoming good dance partners together."

Dance partners. So it now seems that the *Random House Dictionary* definition was right, after all! The delight you can enjoy in being a couple springs from the delight you enjoy in being yourself and in bringing your own creativity to the partnership—so it's true that two's company, but never a crowd.

Children continued from page 59

who has four and a full-time nursing job, "but I need the help. So we write weekend work lists for everybody. If a child works Saturday he doesn't have to work Sunday. I try to match the job to the ability and interest of the child, though that doesn't always work. Last week, for instance, Karin [thirteen] mopped the kitchen floor, Mimi [twelve] dusted the sideboard, the coffee table and the desk—which might not seem like much, but you've got to clear off everything to dust them—Mark [ten] vacuumed the halls, and Christa [seven] cleaned the baths." The system grew hit-or-miss as the family explored its collection of temperaments. Mark and Mimi, for instance, work well together. So do Karin and Christa—but other combinations can give rise to arguments. So each pair alternates in taking care of before and after dinner chores. Gus Emig does a lot of the shopping with either of the two older girls. On weekends when Mrs. Emig works, they help him cook one dinner. The other is do-it-yourself. Even the horse has a rotating schedule of people to feed and exercise him. "Three things make the system work," says Mrs. Emig. "You have to make a fuss over the children when they do things—it's much better than screaming when they don't—you have to spell things out, and you can't be too meticulous."

"It's fair," says Karin. "Besides, sometimes we trade jobs if we don't like what we have to do. When I was younger I always liked it because sometimes I just got bored and it was something to do. When I have my own family I'm going to even out the work, too, so when I get home from work the house doesn't look like a hurricane hit it."

"The original idea was my husband's," says Gail Starkey, a teacher with two children. "At first I was opposed, but finally Stanley sat us down, and we wrote out everything the cleaning woman had done and divided it up among us. We took the money we had used to pay her and used it to pay ourselves—$4 a week each, to be used only for big things we really wanted." That was six years ago. Since then Mr. Starkey and twelve-year-old Michael have bought themselves a pool table, Mrs. Starkey has a sonorous grandfather clock and, like sixteen-year-old Eva, a 10-speed bike.

A chart keeps the jobs straight. Mr. Starkey takes care of bedroom and bath, makes and changes the bed, spot-cleans, dusts, and does the windows when they need it. Mrs. Starkey mops and waxes the tile floors, dusts, does refrigerator, laundry, and lawn. Eva keeps her own room, and her half of the playroom, and the kitchen clean, helps with meals, vacuums. Michael is responsible for his room, the other baths, the cat, his half of the playroom, and a set of yellow vinyl chairs.

"It takes only two or three hours a week," says Mrs. Starkey, "and I really think it's good for all of us. The children were starting to say 'Oh, just leave it for the cleaning woman,' and that wasn't right."

"We want the children to join our lives," says Marjorie Wood. "Bob and I didn't want to ignore them or to turn our lives over to them. So we've tried to raise them to be the kind of children who are nice to have around. They have chores—their beds, taking out the garbage, table setting—because they're family members. Beyond the obvious, I appeal to their better natures and that usually works because they really want to help, to please. All you have to do is gear the job to their level. For instance, when Cindy (now ten) was two, she loved to dust the coffee table. So I took everything off and let her dust it." Tasks geared to ages is the key to another family tradition: making presents. It leads to delicious secrecy as well as family solidarity. "I got some felt," says Cindy, checking to see that her mother is out of the room, "and I borrowed Daddy's glasses case and I copied it, and sewed it together, and then I cut out her initials and pasted them on. I tried it out, and it fits. Now don't tell." Meanwhile Eric, seven, is making a flower collage out of colored clay.

Continued on next page

Children

continued from preceding page

All four families have found ome common denominators to haring the responsibilities of a ousehold with the children. hey'd agree that these things are mportant:

Start early. Even three-year-lds can set tables, though it may ake them three times longer.

Don't discourage volunteers. Be-ween eight and twelve children eem to go through a super-helpful tage when they want to learn and o copy their parents. Cindy Wood, or instance, considers it a privi-ege to be allowed to iron her fa-her's handkerchiefs, "and Eric's he expert on cooking eggs."

Spell it out. Whether it's on a ist or a chart, or in a request, take ime to make sure that all the peo-le involved know what's wanted.

Don't spare the praise. (And en-orce the consequences, if neces-ary, consistently: "No TV," says Mrs. Emig, "unless they have a *eally* good excuse.")

Try democracy. "The children ave a great deal of say about their hores, and their lives," says Mrs. Olsher. "If it's not too serious, we ry to let them make their own nistakes—although we have the inal say, of course."

Create and support a sense of family uniqueness, a set of family traditions.

Keep the lines of communication open.

It's been said that we're a very youth-oriented, child-oriented culture," says Keith Daugherty. "When everything's aimed at serving children, the needs of the adults become kind of incidental. I don't agree with this. I think children should fit as participating, contributing members of the family, that each individual within the family must have a separate life but that they've also got to participate, contribute, react, and enrich one another.

"Communication is the grease. People really do need to talk straight with one another about what needs to be done, and why, for the family. All too often, if you wait until the heat of battle is there and you're really upset with one another, everything explodes. But there really are opportunities to work together. A family is like any other system. It requires planning. There has to be some kind of signaling system within the family, I think, that says 'this is really important; you've got to listen.' " ■

Cooking schools

continued from page 82

rench cuisine for Americans, sea-onal food. Closed summer.

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he Carriage House, 162 East 92nd t., New York, N.Y. 10028.
rench and international cuisine. Men and children's classes. October hrough May.

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chool of Creative Cooking
elene Borey, 255 East 71st St., ew York, N.Y. 10021.

ibby Hillman's Cooking School
7 Lawrence St., New Hyde Park, .Y. 11040.
ontinental cuisine; teenagers ac-epted. September-May.

izabeth Heineman Cooking School
urchase St., Purchase, N.Y. 10577. rench, European, and Chinese. oring and fall.

ORTH CAROLINA

dith Olney Cookery
ox 142A, Route 3, Durham, N.C. 7707.
ench country cooking, children's ass, pastry making. Year round ex-pt August and Christmas holidays.

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Creative Cooking Inc.
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Edible Arts
Judy Glazer, 7230 Mason Dells, Dallas, Tex. 75230. Bread, pastry, September to June.

Verlyn Campbell Cooking School
2520½ Westcreek, Houston, Tex. 77027.
International and Creole cuisine. Closed July and August.

VERMONT

Libby Hillman's Cooking School
Mt. Snow, Vt. For information: 17 Lawrence St., New Hyde Park, N.Y. 11040.
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he Adobe Trail

ntinued from page 20

obe after adobe has been leased offices by lawyers, engineers, erchants, and architects. Others use a medical center (John einbeck once lived and wrote re), a library, a play house, a staurant, city offices, including e Mayor's, the Women's Civic ub, the Old Capital Club, which a men's luncheon club, a com-unity hall, and the headquarters the Monterey History and Art ssociation.

Many of these adobes from the ry beginning have had varied reers, the range spreading wider an a Spanish fan. For example, ne French Consulate, originally e home of a Gallic bon vivant, is w leased to the Girl Scouts, nile the Casa Pecheco, today a en's social and athletic organiza-n, enjoyed an assorted life from ouse of easy virtue to a hospital. nd the First Theatre, where 19th-ntury melodramas are per-rmed every weekend, started as saloon and a whalers' boarding use.

llow the red line to nd the Monterey adobes.

The Monterey History and Art ssociation, established in 1931 to eserve historic Monterey, spon-rs the 3-mile route through Old onterey. "The Path of History" simply marked by a bright pi-ento-red line painted down the nter of streets that weave rough the town and around cor-rs of Spanish, Mexican, and merican Colonial history. Just llow the narrow red line.

At each point of interest a aque explains the historical and chitectural background. An easy rect guide for the visitor, this th can be covered leisurely by ot, bicycle, or car. The time ele-ent, the pace is a personal choice. it to savor slowly is Spanish, so ny not?

You might want to tour Larkin ouse where once at a gala party e imaginative Mrs. Larkin ought in large pumpkins to serve extra seats amid her formal ew England furniture. Or why t sit for a pleasant moment in e garden of the Robert Louis evenson house where the calla es grow high and with graceful andon?

Monterey has the largest col-tion of restored adobe buildings the United States, probably the rld. There are forty-two build-gs on its "Path of History" and rty-six of them are adobe. Over years various groups have ight to save them. The Customs ouse, the oldest historic govern-nt building on the Pacific Coast, s the first in a long line of sur-al of the fittest.

The American flag first flew in California over this site. In 1900 the Native Sons of the Golden West acquired temporary control of the Customs House from the federal government. But it wasn't until the 1930s that a group of concerned citizens raised the money, about $4,000, to prevent the government from selling it as surplus. The majority of the money came from three prominent citizens who used their bonuses saved from World War I. Today it has been restored, refurbished, and deeded to the state and is designated as State Historical Monument No. 1.

Another group, The Women's Civic Club, purchased the adobe House of Four Winds in 1915, and it has been restored in the spirit of the 1850s. Unlike dominoes, the adobes did not fall, for Monterey citizens recognized their legacies from the past very early indeed.

The Monterey History and Art Association, the City of Monterey, the Museum Board, the Monterey Foundation, the Abrego Club, the Monterey Savings and Loan Association, and the National Trust for Historical Preservation have all helped save the adobes from destruction. Many private individuals have restored adobes, deeding them to the State of California. Funds from William Randolph Hearst saved the First Theatre. Mrs. Mayo Hayes O'Donnell has given her adobe house, Casa Soberanes, to the state as a historic monument. "Although it is owned by the state, the City of Monterey still charges me taxes for living in it," she laughs. The *sala* or drawing room of the house has been copied as an example of an early adobe in the Thorne Collection of Early American Homes in the Art Institute of Chicago.

"We formed a human wall against the bulldozers," remembers Mrs. C. Tod Singleton, a member of the Monterey History and Art Association since 1948. "We surrounded Fremont Headquarters when we heard it was to be pulled down to make a parking lot for the Post Office." The Monterey History and Art Association received the devastating news at 8 one morning, proceeded to make a people-wall, raised $21,000 in pledges, called Washington, and the next day the bulldozers were called off. Now carefully restored, it is leased as law offices.

Seven years ago an ordinance was passed by the city that prohibits any remodeling of the *inside* as well as the outside of any adobe or structure within the Historic District without approval of the Architectural Council of the City of Monterey. These preservation

Continued on next page



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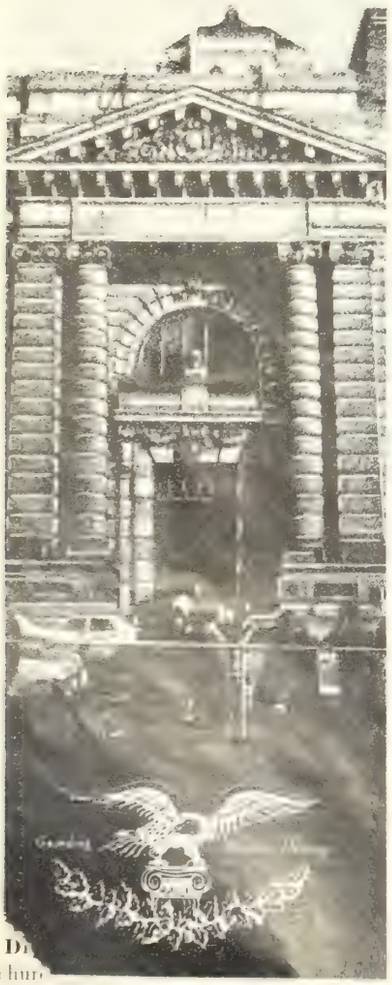
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"What is important is that every single house and building has definite purpose. Many have been leased by lawyers, merchants, and community groups"

The Adobe Trail

continued from preceding page

organizations are highly regarded by the community. To illustrate, Mrs. Singleton explains that only a few months ago the Pacific Gas & Electric Company wanted to install some traffic signals outside the boundaries of the Historic District, but they still called the Monterey History and Art Association for approval.

To finance their projects, the Monterey History and Art Association depends on dues, bequests, and the generosity and loyalty of their members, now numbering about 2000. Every year on June 3 the association celebrates Monterey's birthday in the garden of Pacific House, once an adobe hotel for seafaring men, with a *Merienda*, or outdoor picnic. On June 3, 1770, Don Gasper de Portola and Father Junipero Serra landed at Monterey and claimed California for Spain.

Another important date is usually the last weekend in April when the Monterey History and Art Association sponsors an Adobe Tour. This year it was titled "Sailors and Shawls," with sixteen of the houses on the tour. At each house, the table was set as it might have been in the 1800s with appropriate place cards of leading citizens of the time. The tour raises up to $9,000 to aid the association's work in preserving the adobes of Monterey.

"Red Tile Tour" takes you to Santa Barbara's adobes.

Further south, along the California coast, the adobes of Santa Barbara have known not only the vicissitudes of disregard, but also the vengeance of an earthquake, which shook the city fifty years ago.

This force, in a way, started the rebirth of a once-Victorian Santa Barbara all that much sooner. There *had* been rumblings before from concerned citizens worrying about the disappearing adobes, the vanishing lines of their city's early Spanish character. In 1922, Mr. and Mrs. Bernhard Hoffman purchased the Lugo adobe adapting it as their office. This began the movement in Santa Barbara to preserve the old adobes in the city, and to erect new buildings that reflected, retained the Colonial atmosphere. The same year the Community Arts Association and Plans and Planting Committee were formed with the Lugo adobe as headquarters. The city's first Planning Commission and building ordinances arrived in 1923, followed by zoning in 1924. Santa Barbara was trying to salvage its past, finding its way step by step. And then a giant step, the earthquake of 1925.

In the weeks that followed, hope and hard work prompted a phoenix to rise. During the first eight months, some 2000 plans passed through the newly formed Architectural Board of Review. "They were the sentinels of our architectural future, and they never let down their guard," remembers an elderly native.

As a result of the constant care and strict but wise guidance of the Architectural Board of Review and the Plans and Planting Committee, Santa Barbara is now a splendid city in the sun, Mediterranean in architecture, colorful and green as a garden. Fan palms line the streets and leafy trees umbrella public benches—a welcome accessory as Santa Barbara is a walking city. (Nine landscaped parking lots and one tile-roofed garage offer free parking for 90 minutes.)

To walk is the best way to see the adobes that have survived, how they've spent their years, and how they function today. Not as abundant as in Monterey, an adobe culture still remains that mingles well with the planned harmony of the rebuilt Santa Barbara.

El Pueblo Viejo, or Old Town, fosters most of the adobes and helps them flourish. In 1960 an ordinance was adopted by the City's Architectural Board of Review that limits buildings permitted in this area to three styles —California adobe, Monterey Colonial, and Spanish Colonial. Any new buildings must be approved by the Board and the Historical Landmarks Advisory Committee.

The "Red Tile Tour," a charming way to wander around Old Town and peek into the past, was created by Mrs. Marilyn Randle, a member of the Santa Barbara Chamber of Commerce. "I first came here as a tourist and asked myself what I wanted to see in Santa Barbara. Adobes, of course, but so many had been lost in the earthquake or fallen before the bulldozer. I wanted to encourage visitors to walk into our history, to see our adobes."

The tour covers twelve city blocks and passes by several adobes that have been preserved as private houses, and some that have new roles. From Massachusetts came Daniel Hill, building a fine adobe in 1826 with the first wooden floor for an adobe in Santa Barbara. In much later years of decline it was a Chinese laundry, but beautifully restored today it is the center of the Santa Barbara Foundation. The Lugo adobe, the first to be preserved, is now a gift shop.

Threatened with destruction, the "Historic Adobe" was moved brick by brick to its present site, and is now a men's riding club. Colonial John C. Fremont's headquarters were here after he and his troops caught Santa Barbara's Mexicans "sleeping in the sun" on Christmas Day, 1846. And while now an antiques shop spreads itself elegantly over the "Orena Adobe," this house and courtyard were once the active home of Don Gasper Orena and his wife while raising thirteen children.

The backbone or perhaps the beginning of El Paseo, a pedestrian shopping complex, is the Casa de la Guerra, the original adobe house of the Commandante of the Presidio in 1827. Swinging around the courtyard, El Paseo extends from the Casa de la Guerra with open arms, rows of shops. Shops of many kinds are found under the arches of the Andalusian-inspired buildings that blend so well with the main house, the adobe.

Offices including one of a United States congressman look down on the courtyard where you can lunch among the orange trees, or read the book you've just purchased in a tiny shop of stucco. Now owned by the Santa Barbara Trust for Historic Preservation, El Paseo was built before the earthquake by Bernhard Hoffman who was also the first chairman of the Plans and Planting Committee.

The present chairman of this prestigious committee is Dr. Pearl Chase who has been continually involved in the affairs of Santa Barbara for seventy-four years. Her accomplishments are long and legendary and she believes in the contributions of private citizens. She says, "Government officials are really temporary—they come and go—and this constant turnover means that many citizens' organizations have far greater continuity and relative importance in community affairs. Don't assume leadership will come from the professions; you won't find it there. If you're to succeed, you must be led by *citizens* and *citizens groups* with the interest and support of key public agencies." ■

7. D... brochure

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HORST

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AUGUST, 1975

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av. per cigarette, FTC Report Apr. '75.



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that match
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Antiques

By Louise Ade Boger



French Writing Table

We would like to know more about the style of this desk. What is its place of origin?

J.R.S.—Lincoln, Ill.

Your Louis XVI style writing table is a fine reproduction of a Bonheur de Jour, so called because of the speed with which it achieved success. It was introduced in France about the mid-18th century. Its distinguishing feature is a recessed superstructure.

Rococo Revival Clock

We do not know where this clock came from nor have we any idea how old it might be. Can you tell from the mark anything about it?

G.L.P.—San Gabriel, Cal.



Your Rococo Revival mantel clock of asymmetrical outline was made in France after 1889, perhaps about 1900. It was imported by the still-existing J.E. Caldwell & Co., Jewelers, Silversmiths, and Antiquarians of Philadelphia, Pa., who succeeded Bennett & Caldwell in 1848.



Photographer's Chair

The antique dealer from whom I purchased this chair called it a "Photographer's Chair." What is the reason for this term?

G.G.—Saint Martinville, La.

Toward the end of the 19th century, wicker furniture intended for indoor use was usually of a "fancy" or novelty character. It was a popular prop for early photographers specializing in portraiture, particularly of children.

Russian Sculpture



I was given this bronze statue and would like to know its background.

P.D.P.—Washington, D.C.

Your bronze is the work of the Russian sculptor Ievgueni Alexandrovitch Lanceray (1848-1886), who was one of the leading bronzeurs of the 19th century. It was cast in 1874 by Chopin. Czarist Russian objects have become quite collectable. *(Continued on page 10)*

"If anyone had told me a few years ago that I would be an Interior Decorator, I would have said *you're crazy!*"

Mrs. Faye C. Haynie
An outstanding LaSalle graduate from Madisonville, Kentucky



"Less than a month after I mailed my final lesson I was hired by a decorator firm. What makes my career so special is that I choose my own hours . . . and I feel so rich when I compare my earnings with what I used to earn," writes LaSalle graduate, Mrs. Faye C. Haynie. "If anyone had told me a few years ago that I would be an Interior Decorator, I would have said *"you're crazy!"*

you have a natural love for attractive homes, ıy don't *you* become an interior decorator? ere's how one woman made her dream of a nderful career come true.

It seems only yesterday that Mrs. Faye Haynie Madisonville, Kentucky was working in a job e didn't like . . . as a million other women do. Today, she enjoys a good income in an excit- career of her own . . . having the time of her e as an interior decorator.

How did Mrs. Haynie accomplish this racle?

One day she answered an advertisement of Salle Extension University, a correspondence stitution, describing the attractions of a career interior decorating.

When she realized how much fun it could be learn decorating in her spare time at home, e decided to enroll. That was the beginning of whole new life for her, and one of the reasons her happiness today.

Mrs. Faye Haynie's true life story illustrates e opportunities that a talented woman with ining can enjoy in a decorating career. Ob- usly, LaSalle cannot promise job placement predict the degree of success that a student ll achieve. But of this you can be sure — Salle training is an ideal way to prepare for decorating career. Why not send for the free oklet offered today?

LaSalle training has helped many women crease their decorating skills. LaSalle could lp you do it, too. Why don't *you* send for the oklet offered below?

An ideal career for women

ıere are few other fields to match the pleasures d rewards that a woman—whether married or ıgle—can enjoy as an interior decorator. Con- ler for a moment:

Decorators can put their natural talents and eative urge to use in designing beautiful and citing rooms for clients.

Their hours are often spent shopping for the usual. In glamorous showrooms, antique ops and galleries. Selecting whatever is lovely d unique . . . in fabrics, furniture and cessories. Applying a "decorator's touch" to autify a home, a suite of offices, a hotel or artment lobby. Whatever the assignment, a corator earns money for work she enjoys.

Best of all, in addition to the satisfaction and feeling of accomplishment their work provides, decorators have many opportunities to meet interesting people. Clients often become friends.

Some of today's decorators began their careers by helping acquaintances to redecorate, by working in department stores, galleries and studios.

How you train at home

The LaSalle Course in Interior Decorating has been prepared to give you practical, complete and up-to-date preparation for this exciting modern career. Lessons come to you by mail; they are as fascinating as the work itself. Much of the study material included is unique in a course of this kind. You get fine quality sketching equipment, coloring materials, stencils that make it easy for you to draw room plans, and much more.

Step by step, you are shown how to develop your creative ability. You are taught the principles of color and design and the historic background of today's decoration. You are trained in the selection and use of furniture, fabrics, accessories, lighting. You learn how to achieve beautiful settings to delight your clients and build your reputation.

Even before you have finished the course, you may want to apply your new knowledge to glorifying your own home.

At each step, you are given practical assignments which are then carefully reviewed by your instructors and returned to you. You are coached with care for your work as a decorator.

The LaSalle Course in Interior Decorating is backed by more than sixty years of leadership in the field of home education. More than 2,000,000 people have enrolled for home-study courses with LaSalle.

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If you are seriously interested in the opportunities offered by a career in Interior Decorating — if you are prepared to devote a few hours of your spare time each week to conscientious study in order to achieve your goals — send for the free booklet offered in the coupon below. There is no obligation. LaSalle, 417 S. Dearborn Street, Chicago, Illinois 60605.

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8th Century English reproductions.



The original of the japanned Queen Anne Secretary replica, shown here in one of our showrooms, was commissioned by the Duke of Marlborough in about 1700 for Blenheim Castle. Its lacquer colors are softened by skilled hands to a mellow patina.

The original of the Regency Bamboo Chair was brought to New York —to a shop on 57th Street—by a knowing connoisseur. Only by making models of its delicate original parts could the sculptural curves, sweeps and pitch be duplicated.

The Bachelor's Chest, like much Queen Anne furniture, is enriched by rare walnut. Once called Persian, the trees which produced this wood were planted in England by the Roman conquerors. Today it can only be found near the Caucasus, where soil, wind and rain conditions remain perfect for producing its special character.

These are but three reproductions from our Baker collection with the enduring qualities which make the originals so valuable: proportion, detail, finish and authentic material.

Eighteenth Century English and other Baker collections may be seen at select stores and, through your interior designer, at Baker, Knapp & Tubbs showrooms in the cities listed below. A 400-page two volume casebound catalogue of over 1000 Baker designs is available for fifteen



dollars from Baker Furniture, 401 The Merchandise Mart, Chicago, Illinois 60654.

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St. Louis, Missouri
Strafford-Wayne, Pa.
Wilton, Conn.
Winston-Salem, N.C.
Zionsville, Ind.

Scottsdale, Arizona to open in September

Antiques

continued from page 6



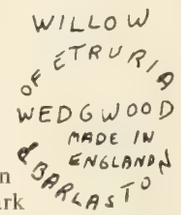
German Silver Casket

Can you help me trace the origin of my silver casket, which is about 8 by 8 by 6 inches in size? From what period does it derive?

M.S.—Vancouver, B.C., Canada

Your silver casket that is enriched with vigorously modeled acanthus foliage, various figures from mythology, masks, and several other popular Renaissance motifs is of German origin. It dates about 1810.

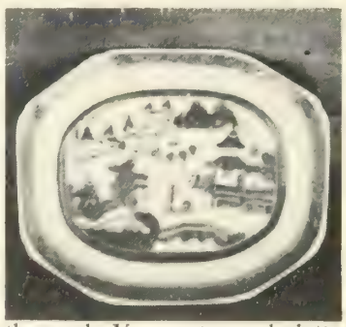
Wedgwood Mark



What can you tell me about my set of dishes from this mark? Do you know anything of its history?

E.W.—Corpus Christi, Tex.

Your printed mark, first used about 1940, bears the names of Josiah Wedgwood's former and present Staffordshire factories: Etruria, founded in 1769 and replaced by Barlaston in 1939. The mark is found on Queen's Ware, an ivory or cream-colored earthenware perfected by Josiah Wedgwood. In 1765 he accepted an order to supply a tea service to Queen Charlotte, wife of George III. This and subsequent orders pleased her so much that she authorized him to call his cream-colored earthenware "Queen's Ware."



Chinese Platter

Can you tell me anything about my Canton blue china? Is it old? Where was it actually made and by whom?

D.J.S.—Stevensville, Mont.

Canton blue and white ware was not made at Canton but at potteries near Canton as well as at Ching-tê-Chên, although much of the painting was done at the port of Canton, where families, including the children did the work. Your octagonal platter, or tureen stand, is of 19th century manufacture. Pieces marked China were made after 1890.

European Bed Warmer



I was told that this bed warmer is of English origin, but I'm not sure. Is it English, and can you ascertain how old it is?

S.D.P.—Myrtle Beach Air Force Base, S.C.

Your copper bed warmer is not English. It is of European manufacture and probably dates about the middle of the 18th century. Copper hot-water bottles, such as yours, were popular with the Dutch, but one that is furnished with what appears to be an original wood handle is quite rare.



Chinese Vase

My Oriental vase has two narrow circles in blue across its base. What do they signify?

W.P.S.—Sunriver, Ore.

The empty double circle in blue on your Chinese vase is often found in K'ang Hai wares (1662-1722). It is stated in the *T'ao Lu* that in 1677 an edict was issued prohibiting the use on porcelain of the reign-name of K'ang Hsi lest the ware be broken and the Imperial name profaned in the rubbish heap—hence the empty circle where the mark should have been.


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The art that reflects

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DAVID MASSEY



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With this little, portable remote-control box you select whatever of your phonograph records and and whatever radio stations you wish and adjust balance, loudness, turn system on and off. The Tronic box here (model 1400) controls up to thr ferent simultaneous pro (or the same program if you in up to twelve rooms: *h* listen to the news in the stud to Beethoven records in the room, and *the children* t music tapes by the swimming For use with master unit that stores and your records, tapes, All elements are ular and unit-p Cost depends on s complexity. For free chure and questionnaire for cost of preferences you've ch please write Boulton Stereo System Madison Ave., New York, N.Y. 10022.



How to find more country in the country this summer



A hand-written collection of ideas with charming illustrations, *Simple Living* by Jacques Massacrier (Links, $7.95) is the perfect summer paperback "for those who want to reintroduce... simplicity...into daily life." It tells you everything from how to read weather from the clouds, cure insect bites, tan leather, waterproof your own clothes, do your own carpentry and masonry, even how to repel pests from your vegetable garden with "enemy" plants.

The endless "sofa" that arranges any way you want—even wall-to-wall

Design your own seating arrangement with modular seating with pillowy attached cushions. Pushed shoulder to shoulder here, a corner unit (about $198) plus two armless chairs (about $165 each) plus an ottoman (about $88). Upholstered in a vervy cream-and-rust-colored cotton print with a Zepel finish. "Pillow Talk" seating group by Kroehler. Abraham & Straus, Brooklyn.



TED HARDIN

Pushbutton sewing with a new electronic sewing machine that "remembers" 25 different stitches

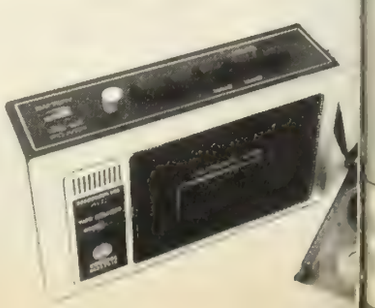


The whiz of the works is a tiny 8,000-transistor chip that eliminates over 350 mechanical parts and stores a "memory bank" of 25 different stitches, many multipurpose. Among them—stitches for blind hemming, basting, darning, fagoting, elastic fabrics, charming decorative border stitches, even 1- and 2-step buttonholes. You just select your stitch on the illustrated pushbutton panel, and the machine delivers it automatically as you sew. Part of flatbed tilts away for free-arm surface—great for sewing sleeves and cuffs. The Athena 2000 by Singer is about $800; aluminum bone-color exterior.

Go-anywhere mini-cassette tape recorder that can work on three power sources

S. KORNILOF

...On batteries, with its AC plug-in converter or optional car and boat cigarette lighter adapter. Automatic end-of-tape shut-off, tape counter. Jacks for optional earphone, remote control and remote microphone. Batteries not included. About $75. By General Electric.



1. Thinking it a novel way to express her affections, Miss Elizabeth Crawford gave Mr. Hamilton a bouquet of flowers. 2. Mr. Hamilton didn't get it. 3. Miss Crawford did.



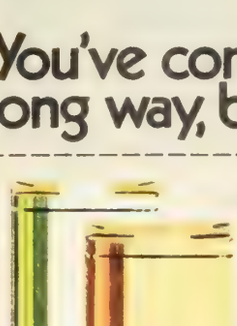
Announcing the Virginia Slims Flower Offer.

Maybe it's his birthday. Maybe it's an anniversary. Maybe it's "just because." But whether you're making up or breaking up, what man could resist a lovely bouquet of Virginia Slims flowers. So give that guy in your life the surprise of his life.



Send us the coupon below and we'll send him a delightful bouquet of fresh daisies. It's only fair. After all, you've got your own cigarette. Shouldn't he have his own flowers?

You've come a long way, baby.



Mail to:
Virginia Slims Flowers
P.O. Box 25125
Cincinnati, Ohio 45225

For each bouquet ordered, I enclose $7.50 and 2 pack bottoms from Virginia Slims (regular or menthol). Flowers can be delivered no earlier than August 15, 1975, and no later than December 15, 1975 (except Sundays & holidays). Orders must be postmarked 4 weeks before the date you want the flowers delivered.
Please read all instructions carefully to insure delivery of the flowers.

Please send one bouquet of daisies to:

Name (please print) _____

Address _____

City _____ State _____

Name of sender _____

Address _____

Sign card from _____

please deliver flowers on _____

Offer void to persons under 21 years of age. Offer good in continental U.S. only, except where [illegible] taxed. HG

Regular: 17 mg. "tar," 1.0 mg. nicotine—Menthol: 17 mg. "tar," 1.1 mg. nicotine av. per cigarette, FTC Report April '75

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All over the state of Maine, in a children's museum in Connecticut, and in your nearest bookstore

GOING PLACES, FINDING THINGS ALONG THE COAST OF MAINE

A highlight of a motor trip from Freeport to Mt. Desert Island—two spectacular gardens

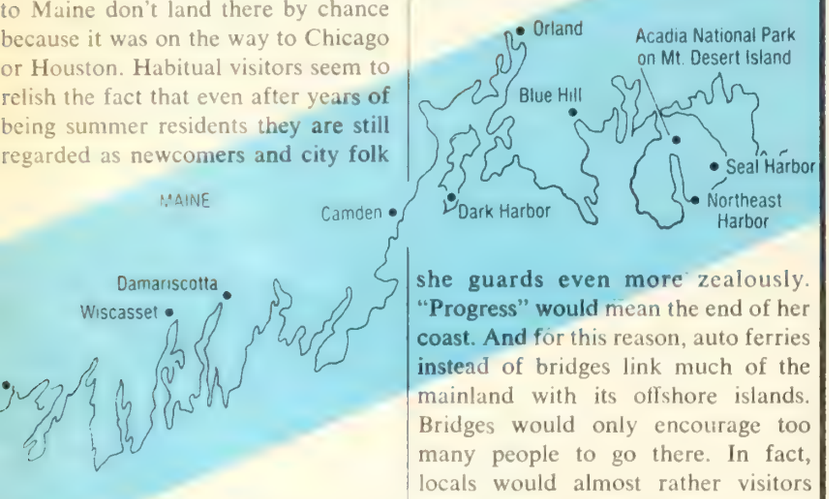
By Nancy McCarthy Richardson

Natives of Maine see the world differently from you and me. Perhaps that's because Maine is physically very different from even the other New England states. It's simply not on the way to anywhere else. People who go to Maine don't land there by chance because it was on the way to Chicago or Houston. Habitual visitors seem to relish the fact that even after years of being summer residents they are still regarded as newcomers and city folk by the locals. This attitude may even be part of what draws people to Maine year after year in search of a simpler, more out-of-doors summer life. Visitors enjoy the local dialect and local ways, which exclude much of what is held elsewhere to be progress. They welcome the switch from city skills and other forms of competitiveness to skills that have to do with boats, raking blueberries, the woods, a knowledge of winds, tides, local weather patterns. It's a place that for many is synonymous with peace, privacy, and cool summers.

Maine is not crowded, especially in winter, and summer brings such a brief and sweet reprieve that even quantities of summer visitors leave only a momentary impression by contrast to the relentless cold season. Even crime there has its own flavor. The major offenses have to do with dogs that run deer, poaching, stealing lobster pots or cutting lines, rustling timber.

Islands, car ferries and an in-and-out coastline

The coastline contributes greatly to the air of secrecy and privacy so instinctive to Mainers. It at no point makes a straight line, rather it jogs and backtracks to such an extent that a journey from one village to the next, as the crow flies, becomes four times the distance if one takes a coastal road. Large peninsulas reach down into the Atlantic and little broken-off bits make the thousands of islands, most still wild and uninhabited, that poke up anywhere from a few hundred yards to several miles offshore. Though Maine has good examples of Colonial and 18th-century architecture and has taken steps to preserve them, it is this coastline and its islands that she guards even more zealously. "Progress" would mean the end of her coast. And for this reason, auto ferries instead of bridges link much of the mainland with its offshore islands. Bridges would only encourage too many people to go there. In fact, locals would almost rather visitors drive boats up and down the coast than cars.



Besides most towns in Maine still have no stoplight and the crush of summer traffic regularly overwhelms any provision made for it.

The wonderful thing about Maine, however, is that one doesn't have to have spent every summer since childhood to get a feel for it and also to see, buy, and imitate some of the best there is to offer in the way of living and entertaining. These things are not hard to find because they've been the best for years, though they often have a camouflaged, purposely nondescript air about them. In a several day driving trip I followed the coast from Portland to Mount Desert Island, stopping only for the "musts" recommended for such a short trip. Here are some of the highlights. It is a trip that

(Continued on page 22)



In the late 19th century, whaling captains went to sea in style, taking their families with them. In the new Children's Museum at Mystic Seaport, Conn., a cabin has been reproduced to resemble the children's quarters aboard ship. (Adults are barred, although they may look on from a walkway above the cabin.) Youngsters are allowed to play with reproductions of toys of the period, inspect a doll house, try on replicas of 19th-century clothes, pore over a collection of scrimshaw

New Children's Museum at Mystic Seaport

(intricately carved whalebon seaweed pressing, embroider on perforated paper, and ot crafts. Come the fall, the muse plans a sampling of such s board fare as hardtack, salt p plum duff, and a few South delicacies the whalers' child loved so much they wrote h about them—coconut, papaya, candied tamerind. Mystic Sea is located on Ct. Route 27 ab a mile from Interstate 95, an open every day of the year exc Christmas and New Year's Da

FOXFIRE, THE STORY OF PLAIN LIVIN

How to do all sorts of things from cooking wild greens to building a log cabi

By Kenneth Ba

Foxfire is the name of a tiny organism that glows in the dark in the coves of the Appalachian Mountains. It is also the name of three books compiled from articles in a magazine called Foxfire *written and published by the teen-age students of Rabun Gap-Nacoochee School in Rabun Gap, Georgia.*

In 1966, six weeks after he had begun teaching English at the school, Eliot Wigginton, fresh from Cornell, became painfully aware that his students found both Shakespeare and their instructor bores. Deciding that the only way to catch his bears was with honey, he marched into class the next morning and said, "How would you like to throw away the text and start a magazine?" And that is how Foxfire *began.*

The inspiration came from Rabun Gap itself. Off in the hills that surround the town are some of the most fascinating people alive. For generations, they have grown or raised almost everything they eat. They can make almost anything, including the tools to make it with. Proud, undauntable, wise, they are unbelievably self-sufficient—and they are happy.

Once Eliot's students (most of th had relatives in the mountains) agr that writing a magazine about t forebears would be more fun t Silas Marner, *they took to the h with tape recorders, notebooks, cameras. They also raised the mon $450, to print the first issue (copies sold out in a week), and to* Foxfire *has subscribers in all f states, a dozen foreign countries, has inspired similar student publ*

COURTESY FOXFIRE MAGA



Students watch Woodrow Shope nail wh oak boards to the roof of a smokehous

tions in Montana, New Mexico, M land, North Carolina, and Alaska

The three volumes, publishe Doubleday, are called The Fo Book, Foxfire 2, *and* Foxfire 3. *latter will appear in bookstores August. The cream of the magaz*

(Continued on page

Your back wakes up feeling great... It's a Sealy Posturepedic morning.



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Sealy

Getting energy, putting it back

A backyard fish farm on Cape Cod powered by sun and wind, estimates for our own sun-heated future, new systems for energy and waste disposal.

By Sandra

THE NEW ALCHEMY INSTITUTE FINDS NEW SOURCE OF FOOD—THEY AISE FISH IN GREENHOUSE PONDS

ere's no laboratory. The research facility is an old farm- use and adjacent acres. Blue jeans have triumphed over ite lab coats. Nevertheless, the New Alchemy Institute near ods Hole, Mass., is an experimental station, a place where sophis- ated concepts are being worked **o a technology simple ough for anyone to e,** gentle enough to leave le impact on the planet.

Marine biologist John Todd, ncy Todd, and fish ecologist lliam O. McLarney founded group six years ago. They gan with the idea that food -sufficiency is good, and ought be available to any individual small group with a small piece land. High intensity farming, n—but low energy use, with the ecological ends tucked k in. Vegetables obviously ren't enough, so the New Al- emists turned to fish farming as source of small-space family- le protein.

Dr. Todd had decoded some the chemical language fish use limit their size to their habitat d had discovered a bacteria t could neutralize the "stop wing" order, so a small pond ld grow big fish. The result is New Alchemists' mini-ark, **1,** first of a planned series of perimental systems. It's **three onds, each in its own greenhouse.** Water, warmed by the sun, culates by gravity or by windmill among them. The highest holds aquatic nts to provide oxygen for the bacteria living on the quahog clamshell bot- n. From here, pond water passes through filters and compost to fall drinking- water pure and full of nitrates into the middle greenhouse, where al feed the fish grow. The fish—tropical tilapia, chosen for taste and b they are vegetarians, low on the world's food chain—are ra the third greenhouse, in a 15-foot square pool, **2,** so bus life that the shapes look like a forest of strange unde plants. As fry, they like a little meat—midge larvae rais them on burlap sheets—but as adults they are strictly eaters, thriving on water so soupy with algae that the disappears from sight 6 inches down. Sometimes New Alchemists tos







EMERICK BRONSON

marigold heads for des From barely visible wigglers the to dinner sizes in less than six m Breeders winter in living room a

Around the edges, in the odd s are trays of seedlings and pots perimentally grown tropical From the pool, water is wind-p back over the solar heat collec to start the cycle

New Alchemis **trying to re old varietie** naturally bug-re vegetables and cover new ones, ca measuring and ing their findings are investigating energy (**4,** the shaped wind gen powers a radio), ways to build sol lectors and to i soil fertility. I branches in Pescadero, Cal., and Costa Rica contribute research from other cl

In scientific tradition, **New Alchemists never have accid** One of the fish ponds sprung a leak, for instance. So the New Alch began experimenting with rice culture in the resulting puddle. Water sip out to the garden (they're testing the differences between pond and tap left another swamp where mosquitoes began to breed—so they enlarged it place to try to toughen mosquito fish, another tropical species that eats m larvae, enough to winter over in, say, New Jersey marshland.

On Saturdays, the rest of the world comes to help. Guests, bringin own picnics, weed, harvest, count, or contribute ideas.

NERGY-SAVING NFORMATION

ernative Sources of Energy maga- e has published a catalogue list- every company currently making mponents for solar, wind, or meth- e energy sources. Called *Spec- m,* it's available for $2 from A.S.E., 2, Box 90A, Milaca, Minn. 56353. eir *Access* issue, also $2, is a luable bibliography for energy searchers.

For those with remote summer uses: the Minimum Cost Housing oup at McGill University (P.O. Box 70, Montreal H3C 3G1, Canada) s published a survey of alternative *the Five Gallon Flush* ($2). The Group has investigated and evaluated everything from the old farm outhouse to models that either freeze or incinerate wastes, sixty systems including some that you build yourself. There's even one with a wash basin in the tank top. Waste wash water is used for flushing. Manufacturers' addresses and costs, where available, are included. The most sophisticated systems tend to be either complicated or expensive at the moment—but it may not be long before there will be new and interesting choices to make when planning any bathroom.

ance Manufacturers has just published energy consumption figures for more than 1,150 refrigerators and freezers. With it, you can figure what a new refrigerator will cost to run before you buy it. (*1975* Directory, 50¢ from AHAM, 20 N. Wacker Drive, Chicago, Ill. 60606.)

HERE COMES THE SUN

Dr. Charles Alexander of Youngstown State University, where he is head of the department offering the

neering, estimates that mor half of all new houses built b will have solar heating.

It will be a $1.3 billion ma then, according to Arthur D. Li consulting firm. By A.D. 200 could be 25 million installatio

Developer Terrence R. Cast built a subdivision in El Cajo where all the hot water is heated. Solar engineer Harry ason is building one with sola ing near Washington, D.C.

Meantime, according to Will Shurcliff's latest survey of heated houses, 119 are alread or under construction.

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Latest discoveries from Dr. Ernest Hartmann's Sleep Laboratory at Boston State Hospital

By Caroline Seebohm

Most people now know that there are two types of sleep, REM (Rapid Eye Movement, or Dream) and non-REM, that these two states of sleep alternate throughout the night about every ninety minutes, and that we need both types of sleep for physical and mental well-being. But did you know that there are two types of tiredness that are directly related to these two states of sleep?

Why do you sometimes feel tired when you've been sitting down all day? Do creative people need more **SLEEP** than others? Why is a good **SLEEP** refreshing?

The secrets of a good night's sleep



HORVAT

What tiredness means

"Tiredness is not easy to study," explains Dr. Ernest Hartmann, Director of the Sleep and Dream Laboratory, Boston State Hospital, and Professor of Psychiatry, Tufts University School of Medicine. "But I feel that there are two distinct kinds of tiredness. One comes after physical activity, when you have not been very emotionally or intellectually involved, but it's been a day of sport or physical action. This kind of tiredness feels quite pleasant, and means that you usually fall asleep quite quickly. In children, this simple tiredness is just a "wearing out" without mental involvement, and also means that they fall asleep quickly.

"The second kind of tiredness is probably much more common in our civilized world. This is a mental and emotional tiredness that usually comes after a day of stress or worry. This is characterized by a generally unpleasant feeling—you become irritable, angry, overwhelmed by things around you, depressed, and so on. There are physical manifestations, also—your muscles become tense, you have headaches. And unfortunately, this is a tiredness from which you do not necessarily fall asleep easily. You will lie in bed worrying, tense—too tired to go to sleep. This is particularly noticeable in children—this kind of tiredness makes them scream and become infantile and it's more difficult to get them to go to sleep. This kind of tiredness also seems to make adults regress—you become childishly cross, oversensitive, like a spoilt child."

It is Dr. Hartmann's conclusion, after much study, that

for the first kind of tiredness, the physical tiredness, you mainly need non-REM or slow-wave sleep; and for the second, you need REM or dream sleep.

This immediately leads to the next conclusion—that sleep has two different but connected restorative functions.

How sleep restores you

"The first restorative function is *body* sleep," explains Dr. Hartmann. "The body having worn out its musculature, or the tissues having been burned up, slow-wave sleep may play a role in restoring these muscles and tissues as well as preparing you for dream sleep. The other kind of sleep—dream sleep—seems more to have a restorative function for the *brain*, for knitting up the 'ravell'd sleave of care,' in Shakespeare's most apt expression—integrating material that has been left over from the day, for instance. It's not pure memory reorganization. It's more like this—if something happened during the day that has emotionally stirred you and brought up old memories and pulled things out of place, unfiled and a little disturbing, sleep not only restores, it also integrates the day's happenings.

"We have noticed, for instance, that if you are particularly worried or under emotional stress, you tend to need more sleep—or at least sle more—to integrate these difficulti When things are going well, you sle less. You then have less need of t restorative qualities of sleep.

How to use sleep

"Since sleep has these integrati restoring qualities, why not take a vantage of it?" asks Dr. Hartma "If you have to write a paper, for stance, or get some complicated w done, don't try to do it before y go to sleep, but arrange it, look o the material, and have it in your he before sleep, and you'll find in t morning that the work comes mu more easily.

"We have observed that creat people particularly tend to use sle for these helpful, clearing-the-he qualities. Therefore certain creat people tend to need *more* sleep b cause they use it more. Practical p ple are often short sleepers becau they work so efficiently and organ their time so well during the day t they do not need to "waste time" ganizing themselves while they sle

How long you should sleep

The average person still tends to thi of sleep in terms of how many *ho* he should sleep. But a man can sle three hours a night and wake up fe ing perfectly refreshed. And t much sleep can be bad—it decon tions the body *too* much. So you s it's not the *(Continued on page*

KEEPING THE BODY BEAUTIFUL

S. KORNILOFF

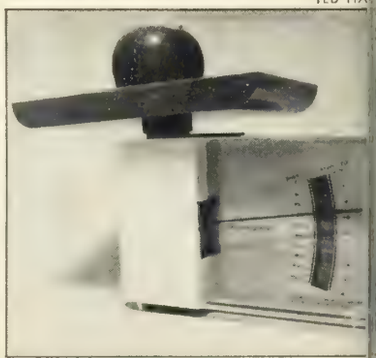
Effective exercise that's fun and relaxing—right, *motorized exercise bicycle. Choose slow or fast speeds, adjust seat height, you can even move it on casters. Pedal speed is coordinated with push-pull motion of handlebars so rhythm is as natural as if you were running. "Ambassador" by VitaMaster. $679. At Hammacher Schlemmer.* Below: *"Dancercise" is Jon Devlin's method to keep fit. Stereo record has music, a booklet the photographs so you'll know how to do each exercise. $8.70 postpaid. Viki Industries, Interstate Electronics Building, Keyport, N.J. 07735.*





WEIGH YOUR FATE

TED HA

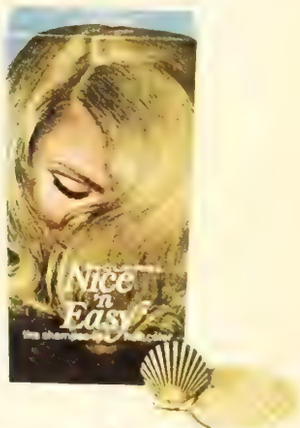


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A good night's sleep

continued from page 18

amount of sleep you should be thinking about, but the *quality* of it—the balance of REM and non-REM sleep banishing your two types of tiredness and integrating and restoring your mental processes.

Perhaps *knowing* that sleep has these restorative functions will help you if you find it difficult to fall asleep. For as Dr. Hartmann says, "If you really believe in sleep, and believe that it will help you in this way, then you won't worry but will fall asleep quite easily." *(For those who do have trouble sleeping, turn to page 46 for seven ways to help you fall asleep.)* ■

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

ELIZABETH ARDEN . . . Soft, nonchalant colors in a new make-up group called *Great Color*. Fifteen shades of pressed eyeshadow and eight shades of lip make-up—each with its own tiny, washable, foam-tipped applicator. The lip make-up combines the qualities of gloss with the staying power of lipstick—light, sheer color. Eyeshadows and lip make-up come in small, square, art-deco-designed compacts. Silky Shadows, $3.50 each; Glossy Lip Makeup, $3.50 each. At Lord & Taylor; Marshall Field; Burdine's; Bullock's.

LANCÔME . . . Slow down the rate of moisture loss from under your skin and you'll succeed in slowing down its rate of aging. It's what *Hydrix*, a protective hydrating cream, does by creating a light-but-effective film that reduces water evaporation. (They've even got a patent pending on it!) It helps contain natural moisture longer, so it helps reduce the effects of all the drying factors in your environment . . . air conditioning, heat, excessive sun. ⅞ ounce, $7.50; 1¾ ounces, $12.50. At Bloomingdale's; Marshall Field.

MILLER-MORTON . . . Who hasn't benefited at one time or another from Chap Stick? Now there's even more to be grateful for! *Lip Quenchers* are lipsticks in terrific colors with that same great, soothing formula. At $1.85 each, take several. At drugstores and supermarkets everywhere.

CLAIROL . . . Six delicious shampoos—each a delicious scent, a thorough cleansing for the hair. There's Wild Strawberry, Fresh Peach, Honeydew, Red Raspberry, Tangy Lime, and Tangerine in this perfect-for-summer collection of Sunshine Harvest Shampoos. $1.85 each at drugstores, supermarkets.

REVLON . . . Removing your eye make-up thoroughly is one of the most important aspects of beauty . . . aging in the eye area can accelerate when make-up is not perfectly removed and remains to dry out that sensitive skin. Some make-ups can be stubborn to remove and *"Super-Rich" Eye Make-up Remover* even removes hardy, waterproof ones, while it conditions lashes and skin around the eyes. $2 for 3 ounces. At Macy's; J.L. Hudson; The Broadway.

GILLETTE . . . Fruit fragrances for your hair . . . delightful! First there were shampoos, now there are *Earthborn pH Balanced Creme Rinse and Conditioner* in the three favorite scents of Green Apple, Avocado, and Apricot with a new addition—Strawberry. All are non-alkaline, work in about 60 seconds, and leave your hair feeling gorgeous. Especially good for sun-damaged locks. In two sizes, 8 and 12 ounces, in unbreakable plastic bottles. At drugstores and supermarkets everywhere.

IRMA SHORELL . . . "Sense in the Sun"—more and more people have it but it takes a bit of help from your sun cream, too. A new and effective cream that allows you to tan without burning is *Moisture/Tan Formula*. Prevents peeling, flaking, and dryness because it prevents the burning rays that cause those conditions from affecting your skin. It's loaded with moisturizers, so use it generously whenever you're out and about. 1.9 ounces, $6. At Saks Fifth Avenue. Marshall Field, Regenstein's; Joseph Magnin.

COVER GIRL EYES . . . that work as hard as you do . . . *9-Hour Eye Polish* really lasts so you can count on a fresh, just-applied look at the end of day on into evening. In soft shades of blue, plum, green, natural beige, brown, or aqua. $1.65 each. At drugstores and supermarkets everywhere.

Mountain crafts and foods, planting by the signs of the zodiac, corn shuckin's, banjos, and dulcimers

oxfire *continued*

onsiderable crop, the books cover n astounding number of subjects. ere are some of them: log cabin uilding, hog dressing, mountain rafts and foods, hunting tales, ith healing, moonshining (illegal, ut a fine art), ghost stories, plant-g by the signs of the zodiac (it orks), recipes using spring wild ants, spinning and weaving, corn uckin's (these are gala doings), agon making, animal care, banjos nd dulcimers, hide tannings, and utter churns.

The chapter on log cabin build-g is so comprehensive, so beauti-lly detailed and illustrated, that you want a log cabin, here's how get one. As Eliot says, "To those ho would look on such a project a farce, or a chore not worth the me, we have little to say. We eak to the individual who feels at someday, somewhere, the use the instructions contained in ese pages will be a source of tre-endous satisfaction." They would deed. Just to read them makes e itch to build something—if only tree house. Not everyone is inter-ted in how to put together a but-r churn, but should you be, *Fox-e 3* will tell you exactly how. Al-ost everyone would be amused ith the idea of making a corn-uck mop or doll or hat, and al-ost anyone can—with *Foxfire 3*. ne same volume has instructions r building a smoke house, very lpful in this day of smoking hams d turkeys in your own backyard. man named Dave Sturgill and s sons make mandolins, guitars, ddles, dulcimers (the kind that are ucked, not the zither type), and njos—their best seller. For $35, ou can send for a do-it-yourself t that includes instructions as ell as materials: cut-out pieces of llow poplar (all routed, marked r holes, etc.), the fret wire, strings, nsion blocks, nails, screws, and e plastic head. It's a very good njo, worth learning how to play you can't already.

There are countless recipes for erything from sassafras tea (a eat "sweater-outer" of fevers) to rsimmon-nut bread. Here's *that* cipe: ⅓ cup shortening, ½ cup gar, two eggs, 1¾ cups flour, 2 aspoons baking powder, ½ tea-oon salt, ¼ teaspoon soda, 1 p mashed persimmons, ½ cup opped hickory nuts or black wal-ts. Cream shortening, add sugar and eggs, beat well. Sift dry ingredients, add to creamed mixture alternately with persimmons and nuts. Pour into greased loaf pan and bake at 350° for one hour. The combination of persimmons and black walnuts sounds delectable.

Wild berries and fruits abound in Foxfire country, and all of them are made into jams and jellies and cordial-like drinks. Wild pasture and swamp roses are considered a great delicacy and both the petals and hips (the latter extremely high in vitamin C) are turned into sweet concoctions. Non-mountain dwellers can use cultivated roses such as the dog rose, the sweet briar, and the multiflora. The recipes in volume 3 work for all. Rose hip soup—yes, soup—jam, and jelly, rose dew, a flavoring made from rose petals (you must gather them in the morning) pulled to pieces, combined with 2 cups of sugar to 1 cup of petals, and packed in jars. Two months later, an elixir will have been distilled, which is drained off and bottled—a kind of attar of roses to be used as a flavoring for drinks and whipped cream. A little more down to earth are rose petals dipped in whiskey, then batter, and fried in deep fat—a scented version of fried squash blossoms.

Now. What do the *Foxfire* books have to do with the Bicentennial? As a recording of an American way of life, everything. As Eliot Wigginton says, "These grandparents were primarily an oral civilization, information being passed through the generations by word of mouth and demonstration, little of it is written down. When they're gone, the magnificent hunting tales, the ghost stories, the intricate tricks of self-sufficiency acquired through the years of trial and error, the eloquent and haunting stories of suffering and sharing and building and healing and planting and harvesting—all these will go with them, and what a loss."

But thanks to the books, it has not been a loss, but a singular gain, and we are the richer for it. Along with the "affairs of plain living" and with telling us how to build a log cabin or make a Friendship quilt, they lift the spirit. ■

Material in this article was taken from Foxfire 1, 2, *and* 3—*the latter to be published later in August By Doubleday & Company, Inc.*





SURPRISE...
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If Christmas perennially sneaks up on you, let the Neiman-Marcus 1975 Christmas Book help you meet it with cheer. Shop right from your home via the idea-packed pages of this famous catalog. The 1975 Christmas Book will be ready to mail to you, or to a friend, in Mid-October. Send 1.00 for each book, with the name and address of the recipient to: Neiman-Marcus, Dept. 05, P.O. Box 2968; Dallas, Texas 75221.

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Along the coast of Maine

continued

can be totally reassembled at home with the catalogues and books that document what I saw.

In the first place, if you're amused by the local language, send for a book called *Maine Lingo* by John Gould, Down East magazine, Camden, Maine, $11, 40¢ postage.

My first stop was L.L. Bean in Freeport not far from Portland. Open 24 hours a day, it's a huge barnlike warehouse-department store with all the specific equipment and clothing one might need on a vacation in Maine. There is a huge room of tents as you enter, another of canoes, others upstairs full of tackle bags, fishing rods, hunting gear, sleeping bags, decoys, gun cases, compasses, whistles, knives, boots of all descriptions, in addition to fleece-lined moccasin bedroom slippers, chamois shirts, and other things men love to get at Christmas. Write L.L. Bean, Inc., Freeport, Me. 14032, for a catalogue.

Next up the coast, Wiscasset and Damariscotta, two tiny and very pretty villages with big drive-through charm, were very active in shipbuilding in the 19th century. They sit on little hills that slope down to the water and are made up primarily of small white houses built before the Civil War. Once active in West Indian and transatlantic trade and even trade with the Orient, both are now popular summer resorts. The area is full of antiques shops. *The Maine Antique Digest* published monthly in Waldoboro, Maine for 50¢ a copy tells where to find shops, auctions, and other sales.

In nearby Round Pond, the Granite Hall store has delicious homemade penuche fudge, homemade peanut butter, sharp cheeses. Gay's Grocery in Damariscotta has the makings for picnics and also a basket to put them in—ask for a piece of their blueberry custard pie. Continuing north one goes through Camden, another picturesque town where the local river flows—rushes—under the main street and out to the bay. There is a huge marina here, and besides vast water parking lots for visiting boats, one finds the home port for the big restored schooners that take visitors up and down the coast.

Not much farther north is Lincolnville where the car ferry leaves regularly for the island of Isleboro and the summer community of Dark Harbor. Don't miss the ferryman, Captain Hinkley, who's been there for decades and his Dalmatian Dot, who's been there for less. Dark Harbor is full of the big summer houses, called cottages, built just before and after the turn of the century. Many of them are in full view from the water as the ferry approaches the island and the harbor. Once on the island, though, it is harder to see them since they are hidden down driveways and behind trees and bushes.

The main reason to come to Dark Harbor is to stay the night at one of these big cottages—the Isleboro Inn—once the summer house of a family called Mitchell who built it in 1916. The bedrooms are large and comfortable in an old-fashioned summer way with marvelous old rag rugs on the floor. On warm summer nights everyone eats outside under a big yellow awning on a big terrace full of white wicker. The sunset is the biggest attraction at this point, which is enhanced by ordering whatever fish is fresh that day—usually a baked swordfish, haddock, or halibut. The lawn terraces steeply down to the water and often there's a boat at one of the four guest moorings. There's a tennis court, waterskiing, and a croquet court right down by the water. When the nights are cool, several big fireplaces warm the big downstairs rooms. If you take the ferry back to Lincolnville at lunchtime the following day, have a lobster at the lobster pound restaurant close by the ferry dock. The highway from this point is full of cars with canoes lashed to the roof and station wagons with dogs in the back. It seems that lots of dogs vacation in Maine.

Up the road in Orland is the headquarters for H.O.M.E., Homeworkers Organized for More Employment, a cooperative of more than a thousand Maine craftsmen. In a series of barnlike buildings, a remarkable range of handmade things spread out on table after table—dolls, birdhouses, patchwork, balsam wreaths, painted shells, candles, knitted socks, moccasins—all the product of long snowbound winters. Though many of the craftsmen need more direction in design, H.O.M.E. is definitely worth a stop. Perhaps someone there can tell you who makes rag rugs to order.

Just beyond Orland, head east down a peninsula to Blue Hill, where there are two families each famous for its pottery. The shop of one is called Rackliffe and the other Rowantrees. All the glazes come from mineral deposits—old mines, bogs, quarries—close to Blue Hill. Some of the two-color pieces look like the kind of thi sold at Diane Love in New Yo Each fills mail and phone orde Write in care of either one, Bl Hill, Maine 14614. 207-555-12 gives local phone numbers.

From Blue Hill one can Cadillac Mountain to the north the coast. It rises from the cen of what looks like another lo peninsula but what is really Mou Desert Island. Acadia Natio Park is in the center of the isla and all around its deeply indent coastline are the resorts known Northeast, Seal and Bar Harbo The Asticou Inn in Northeast Ha bor is a big old-fashioned summ cottage long ago adapted into summer inn. The terrace of the i and most of the bedrooms have view down the length of the sma ish harbor that is often full boats. The dining room, which still papered in what looks like 1930s Chinese wallpaper patte serves unbeatable peach muffins breakfast time. Abel's Lobst Pound on Route 198 is where t locals go to eat clams and lobste It will also prepare lobster hot take out or will ship it packed ice. Call 207-276-5837 for info mation. On the main street Northeast, a Mrs. Purvear has shop that carries afghans, quilts, special tarragon mayonnaise, da and pumpkin breads as well as lemon bread that is very, ver moist because she pours lemo juice mixed with sugar—lots of —while the bread is still hot. Sh will also make a scallop stew fro a local recipe that takes three da to do. She recommends this ste with her blueberry muffins and green salad as a good menu for cool-day lunch party.

The Jordan Pond House, a farm house built in 1840 with later addi tions, sits in the center of th Acadia National Park. Its restau rant has been going since 1895 Though lunch and dinner are deli cious, tea time is a local traditio because of the popovers and home made strawberry jam. The restau rant also makes its own ice creams In summer the flavors come fro fresh strawberries, peaches, an raspberries and in the fall th maple walnut ice cream is mad from its own maple syrup. Th recipe for peach ice cream is in little cookbook sold at Jorda Pond House called *The Country Inn Cookbook* put out by the Berk shire Travellwe, Stockbridge Mass. 01262. The gift shop carries sand dollars, rounded granite

Continued on page 24


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Meadowcraft Casual Furniture

Coast of Maine

continued from page 22

stones for doorstops, round baskets with covers that would be perfect for sewing. These and other baskets are made by the Penobscot Indians that Thoreau visited and wrote about in the 1850s. The balsam pillows here are marvelous, the scent they exude being perhaps the essence of Maine. The day I was there they told me that the pillows will keep their scent indefinitely if kept wrapped airtight in a plastic bag, and also will revive if left on a window sill on a damp day.

Here, at the end of the trip, I ran into two gardens, both open to the public and quite worth a trip in themselves. The Abby Aldrich Rockefeller garden is open on Wednesdays during July and August. An Oriental garden in plan, it has a wall of stucco and stone veneered with a yellow Chinese tile that rings off part of a shadowy, piny Maine wood. Within the wall and down a path lined with low bushes and Korean temple figures in stone is the most Oriental part of the garden. Just green and white, peaceful and shadowy—a contrast to the garden's large main "room" open and flooded with sunlight and flowers of all colors. On one side they're mauve, white, violet, purple, and pink. On the other, red, blue, and yellow flowers are all jumbled together in one long deep bed as though they were growing densely and wildly in some summer meadow. It's a garden full of ideas to scale down and imitate at home: the high encircling wall, the contrast between shade and sunshine, between all-green and a color-box of color, between pastels and primaries.

The Thuya Garden, on the Ocean Drive leaving Northeast Harbor for Seal Harbor, is open daily. It's the smallish pleasant garden of a typical large summer lodge-cabin built in the twenties. To see both the lodge and garden gives an instant impression of summer life in the northeast as opposed to summer life on the Cape or on Long Island. The garden gates and little garden pavilions are built from local white cedar. Grass paths and small ponds separate beds planted solidly in peonies or delphinium or phlox, aconite, or snake root. Go early in the morning when the grass is still wet.

The Bangor airport is an hour's drive from Bar Harbor where one can drop rented cars and fly out on big Delta jets to Boston and beyond. There is also a small Bar Harbor airport that is closer but often closed by the weather. ■

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AMERICAN CANCER SOCIETY

THIS SPACE CONTRIBUTED BY THE PUBLISHER

I'm Joey Heatherton.

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Super canning expediters

plus kitchen helpers, wrapping shortcuts, bug chasers, storm defenses, and more

By Mary Elizabeth Falter

I've spent the whole summer canning, preserving, and making jelly—something I've always promised myself I'd do but never have. This year, however, with more time on my hands and the need to conserve more important than ever, I've been at it since the first strawberries in June.

The most important thing about all this is finding an inexpensive source of prime fruits and vegetables, and then organizing yourself so efficiently that canning becomes sort of a part of your summer life.

As we no longer live in the country where we always had a vegetable garden, I scour the back-road fruit stands and do trades with friends who have prolific fruit trees or berry bushes (so many jars for the privilege of picking). Next comes the equipment. I cleared a cupboard in the corner of the kitchen and keep everything together. I've always hung onto my grandmother's jam kettle and the baby bottle sterilizer, and these and the other necessary tools are right there.

When I was shopping for jars at the hardware store, I discovered a line of **very helpful canning tools.** They're called Earthgrown Canning Accessories, made by the Leisure Technology Incorporated in Minneapolis. I think one of the best items is a funnel that's 50 percent larger than most used for this purpose and has a wider mouth. In its stem is a built-in measurer that assures the proper amount of headspace in each jar as it's filled. There's also a very practical jar wrench set, which opens and lifts both single and two-piece lids, a handy no-slip jar lifter, which is also very useful for many other kitchen jobs, and a jelly strainer and bag—all in dark green heavy-duty dishwasher-proof plastic. The tongs and wrenches are covered with a rubberized material that matches.

Note to talcum powder users: It's just as easy to splash on the after-bath powder while standing in the tub rather than on the bathroom floor. In the tub, the extra powder can be swished right down the drain whereas dusting it off the floor is an annoying chore.

The Burkhardts certainly found an **amusing and practical way to house stereo and taping equipment.** No wife, including Joan, is crazy about having a lot of loops and wires and wheels and discs (par for the course in most sound systems) draped all over the living room. It's not only messy but also makes an otherwise attractive room look rather like a strategic command center. Anyway, the Burkhardts solved the problem when they found a wonderful old 1915 mahogany "His Master's Voice" standing Victrola. They put it in a corner of the living room and Bill took out the old turntable and speaker and all the little shelves that held records in the bottom half. He put a modern turntable in the top, the amplifiers in the midsection, and the tape deck in the bottom half. The two stereo speakers are quite unobtrusive on the floor under tables. Caruso would never recognize himself.

I'm always pleased when I find a useful object that's not only pretty but also very versatile. Yesterday, I was in my favorite kitchen shop and noticed a clear glass mold—round and sort of swirly with a hole in the middle. In fact, that's just what it is—**a handblown import that's a little more than a mold.** It's ovenproof so you can bake in it, too, and I can certainly see it making a very pretty centerpiece holding fruit with a small bouquet tucked in the hole in the middle. It comes in two sizes.

With two of the children away at school and most of the family scattered all over the country, we seem to do a lot of package wrapping. In fact, we have an old picnic table in the basement with a roll of brown paper fastened to it and a ball of twine on a nearby hook. We also have a commercial brown paper tape dispenser with a compartment for water that theo-

Continued on page 74

Enter the Pennsylvania House Sweepstakes at these stores!

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Anchorage . Wolf's Home Furnishings

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Phoenix . Ed Wirth's Country Village
Phoenix ..... Haaf's Fine Furniture

California
Bakersfield ..... Summer's
Berkeley ..... Stone Pierce
Corona .. Kellers Home Furnishings
Daly City ..... Westlake Maple Shop
Hawaiian Gardens .. Lee's American Traditional Gallery
San Diego ..... V. J. Lloyd
San Jose ..... Judd Furniture
San Rafael ..... Colony House
Santa Barbara .. Garrett's Furniture
Santa Maria ... Fletcher's of Santa Maria
Santa Monica ..... Aaron-Scott
Toluca Lake, Burbank ..... Elliott's Fine Furniture

Colorado
Denver ..... Davis & Shaw
Evergreen ..... Mt. Flair Furniture
Littleton ..... Riely Furniture Co.

*Idaho—Sweepstakes void
Meridian ..... Ross Furniture

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Amana ..... Amana Furniture Shop
Davenport .. Knilans Colonial House

Kansas
Salina ..... Galerie House
Shawnee Mission .. Furn. Showcase
Topeka ..... Moore's Furniture
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Louisiana
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Michigan
Chelsea ..... Merkel Bros. Furn.
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Southgate . McLaughlin's American Traditional
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Minnesota
New Ulm ..... New Ulm Furnitu
St. Cloud ..... Fandel
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Cape Girardeau ..... Rust & Ma
Columbia ..... Rust & Ma
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St. Louis ..... Craig Furnitu

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Grand Forks ..... Bill Larson C

Oklahoma
Oklahoma City .... Stewart's Ho Furnishi
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Oregon
Portland ..... Frank Kales Furnitu

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Texas
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Houston .... Waddells (both store
San Antonio .... Leonard's Colon Shop
Tyler ..... Pope & Turn

Utah
Cedar City ..... Antone's Interio

Washington
Bellevue ..... Cooper's Furnitu
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Spokane .... Marvel's Colonial Sho

Wyoming
Laramie ..... Holliday's Ho Furnishin

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OFFICIAL RULES—NO PURCHASE REQUIRED

1. On an official entry blank or plain piece of 3" x 5" paper, print your name and addres and the name of your participating Pennsylvania House dealer. Deposit your entry at your participating Pennsylvania House dealer by Sept. 3, 1975
2. Winners will be determined in random drawings from among all entries received under the supervision of an independent judging organization. Decisions of the judges are final Limit one major prize per family.
3. This Sweepstakes is open to residents of the United States and is void in the States of Georgia, Idaho, Missouri, and Wisconsin and wherever prohibited by law. Voided States are noted above by star (*). Residents of Ohio may mail their entries to their participating Pennsylvania House dealer to be received no later than September 3, 1975. Void at retail stores in Maryland except the counties of Anne Arundel, Calvert, Caroline, Carroll, Charles, Dorchester, Frederick, Kent, Queen Anne, St. Mary's, Wicomico and Worcester. Employees and their families of Pennsylvania House and their respective subsidiaries, distributors, dealers, advertising and production agencies are not eligible. All Federal, State and Local regulations apply
4. No substitution for any prize permitted. Taxes on any prize are the responsibility of the prize winner. For a list of major prize winners, send a self-addressed, stamped envelope to: Pennsylvania House Winner's List, Lewisburg, Pa. 17837

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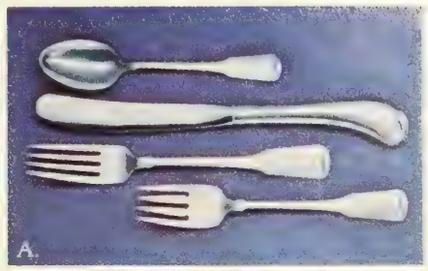
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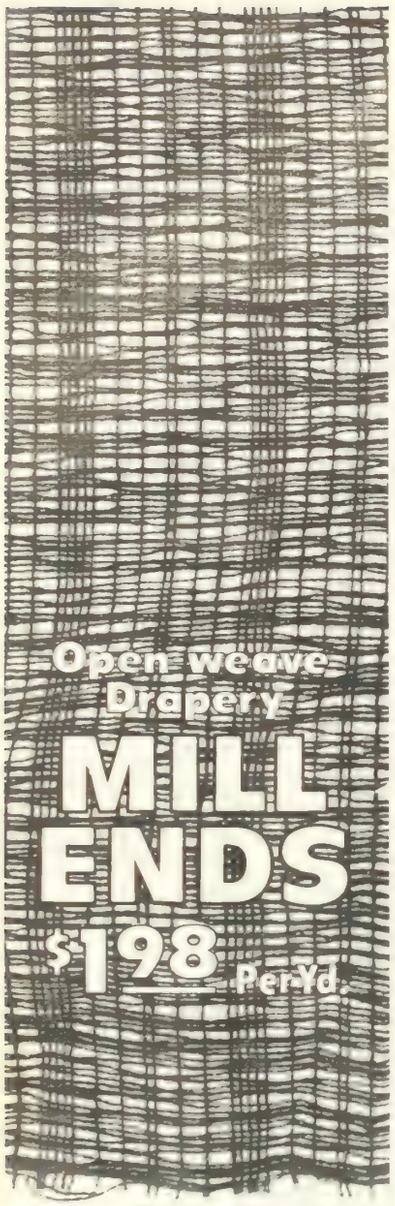
D. Three 5th Prizes—Spode crystal stemware, eight 3-pc. place settings. Value each prize: $468

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Designed specifically for painting concrete block, cement, brick, and stucco, this paint applicator has long, tough fibers in the pad that stand up to rough textures of cement, brick, and stucco and the uneven porous surface of concrete block and its recessed joints. The Red Devil's pad insures even coverage and can be quickly changed for different color paint jobs. Extension handles fit the applicator for hard to reach areas. $5.95 at hardware, paint, and department stores.

Lubricating paint

A graphite product protects against rust and abrasion on garage door tracks, sticking windows, door hinges, latches, and other moving parts to insure easy operation. For wood, plastic, or metal surfaces, it won't rub off or attract dirt and dust as oil does; heat, cold, pressure, or corrosion won't affect it. Sprayed on garden tools, bicycle or motorcycle chains, barbecue parts, snow blowers, boats, Slip-Plate is both lubricant and rust preventive. A 14-ounce aerosol can is $2.99 at paint and hardware stores, $3.99 from Superior Graphite Co., 20 N. Wacker Drive, Chicago, Ill. 60606, including postage and handling.





Water-based varni...

For wood furniture, doo... wood paneling, other wo... work, Rez by PPG Indust... provides clear satin, low-sh... finish without the saggi... running, stickiness and sl... drying of ordinary varni... Its milky appearance as y... apply it makes what you c... er easier to see and avo... leaving gaps. Varnish dries ... an hour; another coat can ... applied in four hours. Use brush, roller, or spray; soap and wa... for clean up. About $2.87 a pint, $4.49 a quart at paint dealer...

Smoke detector fire alarm

The first whiff of smoke sets off a loud, shrill horn blast. A sensitive photoconductive cell registers the presence of smoke and activates the alarm. Wall or ceiling mounted, the off-white Scout unit is 3½ inches wide, 5½ inches high, 1⅜ inches thick. It plugs into a 110-120 volt AC electrical outlet for a single installation, or can be wired singly or for multiple installations. A red power light indicates the unit is on, the alarm sounds until smoke clears or you pull an off switch. Solid state, it is listed by Underwriters Laboratories and has a one year warranty. $43 from Edwards Co., Inc., Norwalk, Conn. 06856. ■



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"IRIS PATCH" PATTERN © 1975 J.P. Stevens & Co., Inc.

Health & Comfort

Impressive statistics reflect a growing nation-wide interest in health and body consciousness:

The International College of Applied Nutrition has quadrupled membership in the last four years. Some of these eminent MDs advised Senator Richard Schweiker on his bill to direct $50 million toward improving nutrition education in the medical colleges.

Now about 40 million adult Americans—1 in every 2 households—take a daily vitamin. Vitamin Information Bureau's executive director John Wright remarks: "The health food and vitamin industry has grown to a $300 million a year business."

This year, the National Nutritional Food Association registers 4,000 health food stores across the country. Spokesman Dr. Arnold Pike, host and producer of TV's "Viewpoint on Nutrition," confirms: "Health food shoppers are no longer labeled cranks. The ecology movement has changed public awareness. People want to know what is junk food and what is not."

Dr. Laurence Morehouse's book *Total Fitness,* forecast to sell 250,000 copies by year's end, jumped to the best-seller list two weeks after publication last March and is still on the list as we go to press. (More on him, page 52.)

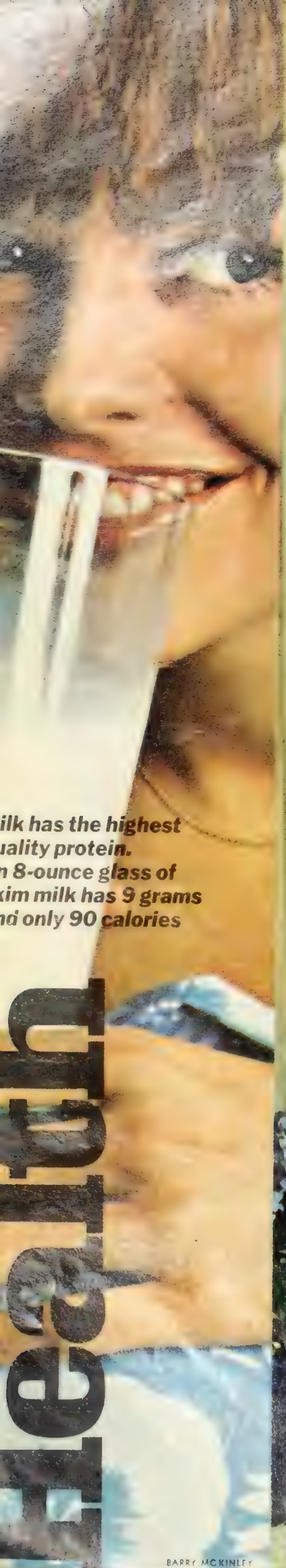
A recent Gallup Poll showed that 30 million American households now have vegetable gardens. Vegetable seed sales jumped 40 percent last year.

Dr. Timothy Johnson's TV program "Housecall" draws 160,000 viewers weekly, holding its own, on prime time, against national network shows, on Boston's WCVB TV channel 5. One of his health dramatizations on heart disease won an Emmy nomination, was booked by ten major markets. (No wonder McGraw-Hill anticipates success for his new book, *Doctor!,* just out.)

73 percent of House & Garden readers answering our February questionnaire on weekend living use the weekend to relax and unwind and pursue healthy activities. 60 percent do sports, 59 percent garden, 61 percent entertain more on weekends.

HEALTH and COMFORT go together. Physical fitness makes you feel better. Physical comforts increase your sensation of well being. This issue is devoted to both subjects. Turn the pages for some exhilarating news and discoveries.

For a better life at home



ilk has the highest
uality protein.
n 8-ounce glass of
kim milk has 9 grams
nd only 90 calories

Health

BARRY MCKINLEY

Rediscover fresh natural foods and balanced menus
—the new way to eat for energy and staying power

comfort



White in many textures gives a small room a big lift

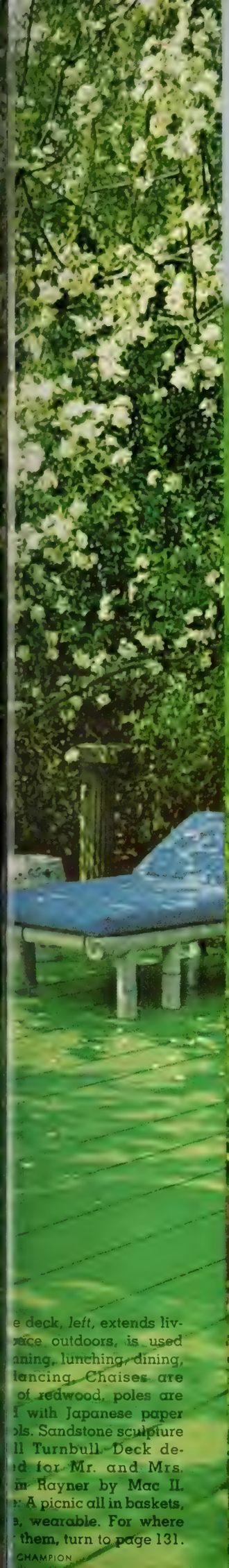
In a small garden room off a larger living room, everything is white: the sheer cotton curtains, the glossy white-lacquered walls and furniture, the chenille coverings on the down-cushioned sofas, the velvety white rug, white coral, beige and white seashells. Room designed by George Clarkson.

Decorate to relax and enjoy. A room filled with light, air, comfortable furniture, and a sense of nature is the freshest way a room can look



Green paint gives a practical wood deck the look of garden grass

Find time to unwind. Move outdoors and make a place for



e deck, *left*, extends liv-
ace outdoors, is used
ning, lunching, dining,
lancing. Chaises are
of redwood, poles are
with Japanese paper
ls. Sandstone sculpture
ll Turnbull. Deck de-
d for Mr. and Mrs.
n Rayner by Mac II.
: A picnic all in baskets,
e, wearable. For where
them, turn to page 131.

CHAMPION

Vitality

Lots of good-looking, easy-to-carry baskets— an efficient way to pack a picnic

Take a break. Change the scene—it doesn't even have to be too far from home. The way to keep fit is to keep moving



A high-protein bedtime snack with meat, cheese, or eggs and a glass of milk contains enough amino acid L-tryptophan to help you fall asleep

Sleep

Take advantage of the power of sleep—to clear and organize the brain, untangle the emotions, and refresh the body

BY MCKINLEY



Food

Beautiful bran muffin— delicious way to add fiber to your diet

Soften 1 cup bran cereal in 1 cup buttermilk. Add 1 large mashed banana, 1 egg and beat well. Mix together $1\frac{1}{4}$ cups whole wheat flour, 1 tablespoon baking powder, and $\frac{1}{2}$ teaspoon salt and lightly fold in. Spoon into 12 greased $2\frac{1}{2}$-inch muffin pans. Bake at 400° for 35 minutes or until golden. 75 calories.

One of the nicest ways to wake up is in a bed of flowered sheets, *left*. These are Flowerfern by Martex. *Right*: A well-balanced breakfast of orange juice, an egg, bran muffin, coffee with hot skim milk. Cornish Kitchenware by W. G. Green, A la Cuisinière. Old English Thread sterling silver from James Robinson.

Get on the health breakfast bandwagon—it refuels the brain and body, makes you alert and productive

ating to relax

EVITALIZING BEDS AND VITALITY BREAKFASTS

not just in the imagination. You *do relax* re easily in an appealing bedroom. It *is re-shing* to wake up in a good-looking bed. You *start the day* better with a breakfast that's actively served—and imaginative and nu-onally balanced.







Fresh green leaves, tiny blossoms scattered across a creamy ground for "Lily of the Valley" sheets, cases, bedspread, comforter, dust ruffle, and pillow shams. Designed by Marc Bohan of Christian Dior for Wamsutta. Twig queen-sized bed by Keramos; high-backed chair, lounge chair, and coffee table by Hurricane International.

HORST

Orange and Pear
Camembert
Iced Tea

Top: Green "Liana" glass pitcher, butter and cheese plates, and tumbler; "Happy Days" stainless knife with apple green enamel insert. From Ginori Fifth Avenue. Monogrammed linens from Léron.

French Toast
with Orange Zest*
Café Au Lait

Above: "Rosebud" Limoges china teasetting with tray and napkin to match from Porthault. Silverplated "Perles" flatware in the Louis XVI style by Christofle at Baccarat. For shopping information, see page 131.

HOW SOME FAMOUS AND VERY ACTIVE PEOPLE EAT TO START THE DAY

At home, tennis pro Chris Evert eats a piece of melon walking from room to room. When she's playing, it's an energy giving cheese omelette and a melon slice; no tea or coffee. Jimmy Connors's breakfast varies with his tournament schedule, too. When he's playing he just has a glass or two of orange juice, cereal, 2 scrambled eggs.

Opera diva Leontyne Price eats half a grapefruit with a medium rare beef pattie and 1 Carr's water biscuit for a 10 o'clock breakfast that carries her through until dinner; with it, black coffee.

Rudolf Nureyev drinks 2 pots of tea plus a large glass of orange juice and occasionally eats toast and an egg.

Paul Newman drinks orange juice and coffee as do Alan King and Margot Fonteyn. For Ann-Margret, nothing, and for Alfred Hitchcock a cup of Sanka.

Light breakfasters, Gregory Peck and his wife Veronique like at least three fruits, preferably mangoes, papayas, cranshaw melons, or pink grapefruit. They pluck a lime from their own tree to squeeze on everything. They drink Lipton's tea made with Sparklettes water plus honey and a lime slice.

Gayelord Hauser, in his prime at eighty, breakfasts most mornings on half a papaya, café au lait with no sugar, 2 soft-boiled eggs, a slice of whole-wheat toast with sunflower butter (his blend of butter and sunflower oil) and honey. Sometimes he chooses his "Lifesaver" breakfast, a favorite with Greta Garbo, too. In a blender whiz a cup of orange juice with 1 tablespoon each of lecithin, fine bone meal, brewer's yeast, and wheat germ. Then add a tablespoon of sunflower or sesame oil.

"Breakfast should give you one fourth to one third of your daily protein and calories, plus some of the other essential nutrients"

A fresh pear starts the day for director Billy Wilder and wife Audrey. A great cook, Mrs. Wilder likes to make shirred eggs in ramekins for breakfast and serves them with chorizos, diced cream cheese, and cilantro. With this, buttered pumpernickel, coffee.

Fred Astaire when he's home has a boiled or scrambled egg, buttered toast, and orange juice and later in the morning, perhaps coffee.

Always on-the-go, Bob Hope likes orange juice and stewed fruit to start the day; drinks Kava and milk.

REVITALIZING BEDS AND VITALITY BREAKFASTS continued





◀

Crisp navy on a clean white ground for "Shadow" and "Shadow Diamond" cotton and polyester sheets, cases, and quilted comforter. By Bill Blass for Springs Mills. Lounger and ottoman by Artifort for Turner; 7-inch portable TV by Hitachi; Flex Clamp lamp, Buzan Collection; quilt, Patchworks; pillows at the Gazebo.

BEADLE

Croissants
Butter
Hot Chocolate
with Whipped Cream

Top: Delicate "Kowloon" china, "Flemish" sterling spoon and spreader, china coffee service, breadbasket, tub, initialed box from Tiffany. Burgundy acrylic tray, Albrizzi. For shopping information, page 131.

Eggs Sardou*
Hard Roll
Butter Ball
Coffee

Above: "Regency" white ironstone from Johnson Bros.; "Spatours" silverplated flatware by Christofle; sterling coffee service, Tiffany; stenciled tray has metal stand, Roundtree; flowers from Jean-Jacques Bloos.

HOW VERY ACTIVE PEOPLE START THE DAY *continued*

"After the teen-age years, adults should cut down on eggs and bacon," maintains Harvard's Dr. Jean Mayer who chooses instead whole-wheat toast with cheese or a whole-grain cereal. He drinks lots of orange juice and tea with milk. For those who can't face breakfast, Dr. Mayer suggests a mid-morning peanut butter sandwich.

Photographer Horst eats a boiled egg with the yolk just starting to set, sprouted rye toast, orange marmalade, and black coffee.

Billy Jean King makes herself ham and 2 eggs with whole-wheat toast, and sometimes drinks coffee or milk. A lettuce salad, two poached eggs, and a glass of orange juice is heavyweight champion Mohammed Ali's lightweight breakfast.

A health salad for breakfast is a favorite with Truman Capote who might serve it for a morning party, too. He likes shaved carrots, artichoke hearts, and asparagus tips tossed with a mixture of yoghurt and bouillon.

A quarter papaya, a half grapefruit, or a baked apple and 2 tablespoons of diet cottage cheese is Helen Corbitt's weekday breakfast. Miss Corbitt (food consultant to The Greenhouse spa) poaches cored apples in water with Sweet 'n Low until soft; sprinkles with sugar and juice, pops into hot oven 5 minutes. "Sundays I splurge and have an omelette with 1 egg and 2 whites for extra protein," says Miss Corbitt who perks it up with chopped chives, green onions, or fresh mushrooms.

"The average person burns about 3000 calories a day. About 800 are used up during 8 hours of sleep"

"If I don't have a big breakfast I fall apart in a few hours," says super model Lauren Hutton who gets up early for freshly squeezed orange juice, lox, bagel and cream cheese, tea. She sometimes concocts her own cereal from a bowl of Total by adding granola, dates, raisins, nuts, and soybean lecithin.

"It's always a battle of the bulge with us," says Julia Child explaining her low-calorie breakfast with husband Paul. "We drink one of our 8 Chinese teas and eat fresh fruit—apples, oranges, melons, whatever is in season. We also like hand-squeezed orange juice with some oil from the rind." On Sundays the Childs have a special bacon and egg breakfast, toast and rolls, sometimes scrapple.

REVITALIZING BEDS AND VITALITY BREAKFASTS *continued*

"I have the same breakfast each morning," says actress Karen Black. It's half a grapefruit followed by Uncle Sam's cereal with cream and sliced strawberries or bananas followed by a four-minute egg with salt; tea with lemon.

When tennis star Arthur Ashe is playing in a hot climate, he'll eat "runny" scrambled eggs and potatoes, preferably boiled. He drinks orange juice and milk plus two "super duper" vitamin pills. When he's not playing he feasts on pancakes and waffles.

One half grapefruit, 1 poached egg, and a slice of bacon is the breakfast ritual for Mary Tyler Moore. Angie Dickinson sips a glass of distilled Arrowhead water with her vitamins.

Pearl Bailey eats oatmeal, drinks coffee. Nancy Ruwe, social secretary to Mrs. Gerald Ford, likes to zip up her orange juice in the blender with a banana and powdered milk.

Breakfast for House & Garden's nutrition consultant Eloise R. Trescher always starts with fruit; "I prefer solid food to fill me up, juice just trickles through." Then in summer cold cereal (Product 19 or Shredded Wheat) with the equivalent of 1 pint of skim milk (powdered milk at double strength) and berries, bananas, or sliced apple. Mrs. Trescher might have instead whole-wheat toast spread with cottage cheese and topped with raspberries or strawberries. In winter, oatmeal sprinkled with Sweet 'n Low plus the concentrated milk or a slice of whole-wheat toast topped with shredded cheese and a poached egg.

"During sleep, the body's cells repair themselves twice as fast as during waking hours"

Tomato juice with a squeeze of lemon is breakfast for dancer Paula Kelly plus coffee with a good chunk of honey in it and milk.

▲

Everything for the bedroom in one pattern—even on walls. Fieldcrest and Croscill joined forces in "Garden Party." Quilted fabric is Kodel and cotton filled with Kodel. Ponderosa pine shutters. "Chateau" carpet, Karastan. Wicker, Walters Wicker. "Anemonies," Edward Goodstein. Lamp, Studio Eight.

►

A roomful of year-round summer sunlight. "Butterflies" Vera sheets, Burlington. "Abstract" screen, David Soloman and Isobel Worsley. "Gloria" chair, Walters Wicker. Terra-cotta "Rabbit" by Anne Arnold, Fischbach. Interior, Mario Buatta.





▲

The prettiest bed—"Sungleam" bedspread, shams and "Pucker Tapestry" bed hangings all by Norman's of Salisbury. "Rapture" sheets, Utica, J. P. Stevens. Joe Goode watercolors at Brooke Alexander. "Parquet" rug from Rosecore. Needlepoint by Lou Gartner at Bergdorf Goodman. Canopy daybed, desk, cane chair all by Thomasville.

Oatmeal with Lyle's
Golden Syrup
Tea with Lemon

◄

Breakfast as a special occasion for lingering. Many fruited Evesham china by Royal Worcester. Flowers from Jean-Jacques Bloos. Cluny silver, Christofle. Napkin and mat from Pratesi.



...w to make sure you have a comfortable bed

...LOW ...K

...ee quarters of pillows ...f man-made materials, ...olyester. Best is prob- ...tinuous multifilament ...tified on the label), the casing like taffy ..., as firm or as soft as It doesn't settle, shift, Synthetic pillows last ...ven years before they replaced. Good ones ...o $15—nightly comfort $2 a year.

...vn pillows will last twenty-five years with ...e. When they need it, ...n very gently with de- ...umble-dry for ten to ...tinuous hours (if tum- ...s, feathers will mat), the sun. Or dry-clean ...-frequent cleaning in- ...vear, but too-seldom ...llows feather shafts to Reconditioning costs 5. But make sure the ...o does it has a state ...icense with a steriliza- ...t—tough to get, accord- ...William Schacter of J. Corp., and a guarantee ...storer knows what he's

...very soft and very ex- ...o most feather pillows ...other feathers—duck, ...urkey—for body.

...oft, fat or flat in pillows a matter of personal Those with back prob- ...ld choose pillows that spines rest as nearly ...s possible. Stout people ...s need firmer pillows to ...te for shorter necks. ...ows, 12 by 16 inches, ...rt elbows with bursitis ...ed ribs. Standard sizes ...27 inches, 21 by 31 ...ueen), 21 by 37 inches

...ve allergies, both you bed partner need non- pillows. Man-made fi- ...est, or foam that is kept ...dry, sealed in nonaller- ...ngs.

...re bright with color. ...nd blankets and bed- ...natch, making the bed ...st spot in the room. For ...all of these new pat- ...ase see page 131.

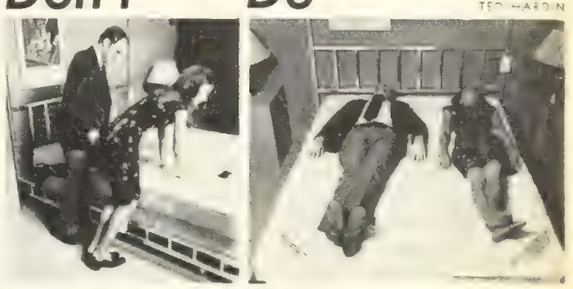
HOW TO BUY A MATTRESS that's just right for you, plus some advice from an orthopedist on how to sleep on it



Fastening the innersprings: Special systems compensate for sag, regulate firmness, adjust mattress response. Here, each spring has a case. By Simmons.

Innerspring? Foam? Water bed? Or something else? More than 80 percent of mattresses sold are innerspring. The complex sandwich of springs and padding is put together thus: first a core of 300 to 900 steel springs to give the mattress firmness. The heavier the spring, the firmer the mattress. Then a layer of tough insulation to separate padding and springs. Then one or more layers of upholstery, usually cotton felt or polyester foam (to smooth the surface, provide resiliency, comply with government inflammability regulations). Horsehair, used in a few mattresses, is soft, allows good air circulation. On top, ticking usually quilted. Foam mattresses are light, adaptable, nonallergenic, can be made to any required firmness. Polyurethane foam may last only about five years, but a new synthetic foam, carbamate, has many of the advantages of hard-to-get latex. Most waterbeds now come with safety liners and heaters. Because they support without pressure, some hospitals use them for long-term patients. You can expect to pay from $100 to $500 for a mattress. "Extra firm" and "super firm" merely mean the mattress is harder than the manufacturer's "firm" model. Many manufacturers offer brochures full of mattress-buying information. For addresses, see page 131.

Don't **Do**



TED HARDIN

Don't just push and prod when you test a mattress. Lie down on it, with your bed partner. Stretch out. Relax.

Dos and Don'ts of Mattress Buying and Care

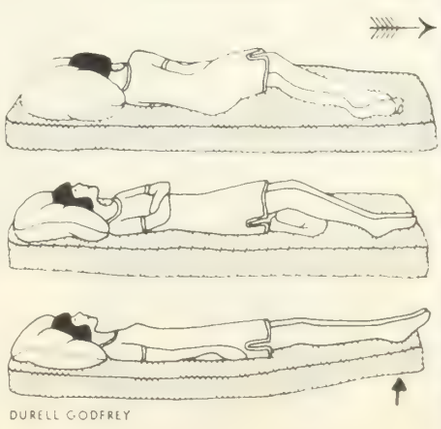
Do *think of yourself first. Are you a restless sleeper? Quiet? Bad Back? A spouse who's half (or twice) your weight?* **Do** *hunt until you find a mattress that fits.* **Don't** *be a Spartan: "firm" can be too firm; "full size" means only 27 inches each for two people.* **Don't** *fall for a pretty pattern on the ticking, but* **Do** *look for lots of quilting.* **Do** *buy mattress and box spring together. They're built to cooperate.* **Do** *inspect the warranty. New federal regulations state that it must spell out details in plain language. Materials and workmanship may be warrantied from one to fifteen years—longer in the better mattresses.* **Do** *lie down.* **Do** *break it in right. For its first six months turn it monthly, end for end, top to bottom; after that twice a year. Use a mattress pad. Air it monthly with the windows open if you can and vacuum it with the upholstery attachment to keep down house dust mites (yes, mites). With good care, you can expect at least ten years service from a good mattress. How to tell when you need a new one? When you start to wonder if you need a bed board. When sleep just isn't what it once was.*



Too hard: A wavy spine won't let muscles rest. **Just right: A straight spine unwinds.**

Beds and your nose: What the allergist says

If you have headaches and you snore and wheeze and it gets worse at night and you have dark circles under your eyes even when you're rested and you were a colicky baby, you may be one of the 15 to 20 percent of everybody who's allergic, says Dr. Claude A. Frazier, allergist and author of Parents' Guide to Allergy in Children. *Bed and bedding need special attention for those with housedust, feather, mold, or fiber allergies. Avoid tufted mattresses. Prevent dust with rigorous vacuuming, even inside box springs. Use well-washed bedclothes. Wrap everything in protective covers (available from Allergen Proof Encasings, 3 Park*



DURELL GODFREY

BEDS AND BONES: WHAT THE ORTHOPEDIST SAYS

"A healthy individual can sleep on anything," says Dr. Robert G. Addison, director of Chicago's Rehabilitation Institute Low Back and Pain Clinic, author of Living with Your Bad Back, *"but a worn mattress can aggravate an existing problem to the point where a disk could slip." The mattress should be very firm, no more than 5 percent of the body sinking into it, with extra support where the pelvis rests (an orthopedist will prescribe the proper kind and size for your problem). Sleep on your side, in a semifetal position* (top figure) *with a thin pillow to keep your spine straight, or on your back with a pillow or blanket under your knees* (middle figure) *to relieve the strain on your spine. Or raise the bottom half of your mattress*

What to do to guarantee a good night's Sleep

By Caroline Seebohm

- *A new relaxation technique*
- *Sleep-food*
- *Bedtime drinks*
- *Lullabies*
- *Beds and pillows*
- *Knowing your sleep cycle*
- *Latest ideas and suggestions from Sleep Labs in Boston, Philadelphia, and New York*

You know the feeling—climbing into bed after a long day, looking forward to putting your head on the pillow and drifting off into a wonderful, deep, long, soothing sleep, and instead lying there with your head in a whirl, your body tense, waiting in vain for the gift of sleep to come.

Well, you cannot buy sleep. You cannot coax it, cajole it, even trick it into casting its spell over you. But you can practice certain routines that may bring sleep a little closer to you—routines that doctors in Sleep Laboratories in Boston, Philadelphia, and New York have discovered can really help you fall asleep. Some of their suggestions are completely new ideas—others are old wives' tales with a new twist. But one of them might just work on you that sleep-inducing magic everyone longs for.

Relaxation

"The basic reason many people can't sleep is some type of muscle tension," says David Davis, director of a private sleep laboratory in New York City and consultant to Mount Sinai Hospital. "The first sign of anxiety, hostility, or fight-or-flight, right from primitive times, is expressed in your facial, neck, and jaw muscles. Next time you become tense or hostile, notice how it first manifests itself—you clench your teeth and tighten your jaw muscles. You'd be surprised how many people try to go to sleep at night like this.

"When you go to bed, to relax, let your jaw hang down." Unclench your jaw, consciously, and fall asleep. (Notice how people who fall asleep sitting up often end up with their mouths hanging open—utterly relaxed.) The key to breaking the muscle tension that stops you sleeping is relaxing the muscles.

Sleep-food

You have probably heard that a hearty meal makes you drowsy because the blood leaves your head and goes to the stomach to help digestion. Well, that's completely false, according to Dr. Ernest Hartmann, Director of the Sleep and Dream Laboratory, Boston State Hospital, and Professor of Psychiatry, Tufts University School of Medicine. He, and many of his colleagues, believe this drowsiness is actually caused by an amino acid, L-tryptophan, in foods such as meat, cheese, milk, and eggs. It's in everybody's diet to some degree, and most people take 1-2 grams of it every day. When L-tryptophan is taken into the body, it is converted into serotonin, a brain chemical that effects sleep. (It appears to be the ratio of L-tryptophan to other amino acids that creates this effect.)

"A high-protein meal of meat, cheese, or eggs—and a glass of m —contain enough L-tryptoph pure form to get you to fall as says Dr. Hartmann. "The source of L-tryptophan is t meat—that may be why people to fall asleep after Thanksg dinner! In our studies we found a dose of 1 gram of L-trypto will cut down the time it tak fall asleep from twenty to ten utes in our laboratory condi Of course, we isolated it and it in its pure form—in food it petes with other amino acids one hopes that one day it can l fered as a sleep inducer at your store. Its great advantage is tha only do you get to sleep soone you do so without the distortio sleep patterns that are produce most sleeping pills. For now, a protein meal or snack before yo to bed may help induce sleep."

Bedtime drink

Warm milk—from what has said about L-tryptophan, it is that milk, which contains L-try phan, is a sleep inducer. Warm also has a soothing effect.

Camomile Tea—this has a tradition of being a relaxing soothing sedative drink. But scientific proof has rece emerged: Lawrence Gould, and colleagues, writing in the *nal of Clinical Pharmacology*,

THE WELL-EQUIPPED NIGHT TABLE



Night table laminated white with burl striping, lower storage shelf. D

Split bamboo table by DIA; "Speak-easy" telephone control has intercom. North American Telephone.



Smoked acrylic case, battery-operated, brushed-ch faced clock, 6¼ inches high. By Bulova. At Lucidity.







Red lacquer tables for TV, tray, whatever. Medallion Ltd. *Above:* Sleep Sound machine screens out irritating noises, substitutes sounds of rain, surf. Hammacher Schlemmer.

of tests to measure the effects, of camomile tea on cardiac s. They found that the tea significant *cardiac* effects, it "a striking hypnotic [sleep-ng] action of the tea was in ten of twelve patients. as particularly striking since tients normally found it very t to fall asleep." So camomile ust be reckoned with as more ust a folk tale.

l—this is a central nervous sedative—"it puts the higher enter to sleep," explains Dr. Mendels, director of the Laboratory, Veterans Admin-n Hospital, Philadelphia, ofessor of Psychiatry, Univer-Pennsylvania. "It is a very edative and many people will small tot of something before go to bed; and while one want to recommend this as ne for everybody, it may be ernicious than some of the g medications people take."

Sounds

ms, such as the sounds on a ave a hypnotic effect and are sleep," says Dr. Mendels. "It nonotony of it—anything mo-us is sleep-inducing. For in-, some people had trouble their three-year-old child to They noticed that if there ome rhythmic noise in the ound, the child tended to ff. They found that the best f inducing this noise in the was by having a vacuum r running. This made the go to sleep, but it wasn't doing acuum cleaner any good—so end they made a tape record-the vacuum cleaner and that e the soporific for the child!

you can find a monotonous r rhythm to play at night, this ell help you."

ther recent sound discovery was made by an obstetrician at Tokyo's Nippon Medical College. To calm babies in order to examine them, he placed a tiny microphone inside the uterus of several pregnant women and recorded their internal body sounds. When he played back the amplified sounds to groups of screaming infants, almost every single one stopped crying and then dropped off to sleep! The sounds have now been produced in Japan by Toshiba-EMI on a record and cassette, entitled "Lullaby Inside Mum"—a great success with new parents to get babies to go to sleep! (Capitol Records will release it in this country this summer.)

Exercise

"For most people who are in good health, if you go out and exercise to the point once a day or once every other day where you can raise your heart beat to over 160-180 and work up a good sweat, you'll find that within a few days you'll need less sleep and you'll sleep better," declares Mr. Davis. "This is not to say that every night just before you go to bed you should run around the park. The exercise should be in the morning or early evening, or whenever it's convenient during the day."

Beds and pillows

Beds are a question of personal taste—there is no rule about them. "What you must do is find what is most comfortable for you," says Dr. Mendels. "The most important thing in bed is not to toss and turn. If you are restless, sit up, turn the light on, and read for a while, or get up and do something else. Tossing and turning tends to aggravate the cycle of not sleeping—you become more tense and make the situation worse."

Mr. Davis suggests that if you are not sleeping, take away your pillow. "Taking away your pillow may help you relax your neck muscles." Relaxing your neck is the crucial part, however you do it. The Japanese, for instance, sleep on wood block pillows, which may be their way of relaxing their necks.

Napping

There are people who can nap for just a few minutes and wake up feeling rejuvenated. Other people nap and wake up feeling terrible. "The best explanation for this is that we have an inherent rhythm in our make-up. We have a cycle of REM or nonREM sleep, each occurring every ninety minutes or so. Now it seems this cycle not only occurs at night but also during the day—for the full twenty-four hours in fact. Look at the average office routine: One comes to work at 8:30 or 9, an hour and a half later he stops for a coffee break. Then he goes back to work and another hour and a half it's lunchtime. He comes back and at 3 o'clock there's another break. Without knowing what we are doing, we have organized our lives to a rhythm. (Jet lag is a perfect example of what happens when that rhythm is disturbed.)

"If you have a nap at the right point in your cycle, then it is very refreshing. If you wake up at the wrong phase in the rhythm, you feel terrible. If you *do* wake up at the wrong time, all you have to do is go back to sleep to finish the cycle."

Sleeping pills

The last resort. Every doctor consulted agreed on the imperfections of sleeping pills. What many regularly prescribed sleeping pills do is disrupt your cycle of sleep, so that your REM sleep is often reduced considerably. The effect of this is that when you *stop* taking the pills, you get what doctors call

Continued on page 132

n, pull-out "Scissors" lamp es to 20-inches, Lite Factory. · A 4½-inch color TV powered ways—AC, rechargeable battery, /boat adapter. Panasonic.



TOM YEE

S. KORNILOFF

Lights in the dark—*left* and *right* are both adjustable, both from the Lite Factory. *Middle:* 19-inches high, yields very bright. light. George Kovacs.

There's a pillow speaker you can plug into this FM/AM solid-state radio and digital clock, as well as an earphone. By JVC America. Shopping information, page 131

HOW PEOPLE ON THE GO GO TO SLEEP

Carol Burnett *needs eight hours of sleep. But she also needs old movies. She calls it work—ideas for take-offs in television skits—but watching them from her king-sized bed is her favorite relaxation. If the Late Late Show is a great 30s or 40s classic, she just sleeps late in the morning.*

Mary Tyler Moore is organized. In bed about 11, up in the morning by 7 or 7:30. "I never start a nap," she says, "because I want a full, solid night's sleep and, for me, naps interrupt the pattern." A hard mattress, one very thin hard pillow.

Frank McCarthy, *major general, producer of "Patton," can do with four hours of sleep but likes eight, "from midnight to 8 A.M., when nothing much is going on. I never take naps in the daytime. I'm afraid I might miss news, or something with friends." He wears a sweatshirt to bed, to pamper his bursitis.*

"Breakfast in bed is solitude," says actress ***Gena Rowlands.*** Her husband, ***John Cassavetes,*** is a very early riser. The children go to school, and there she is, with black coffee, fruit, and the paper.

Actress ***Karen Black*** *sleeps whenever she possibly can, all day on days off. "I need more than I can ever get, and I've gradually developed an ability to sleep at will. Two pillows. One is under my head, the other protects my knees."*

William Frye, who produced "Airport '75," needs nine hours sleep. What he can't get at night he makes up in after-lunch naps on weekends.

"Great men must suffer, so you might as well join them," says ***Cousin Brucie Morrow,*** *who as a front-rank ABC disk jockey is almost a professional insomniac. His mattress sags (his wife has the bedboard). But thinking about tomorrow puts him to sleep. In five hours he wakes without an alarm.*

"How do I sleep? With difficulty," says ***Jane Howard,*** author of *A Different Woman.* "You know, Gilbert and Sullivan, 'Repose is taboo with anxiety.' Beer. That's a sedative. I was once going to write a book with a friend, to be called *I'll Sleep on That,* an anthology of worthwhile things to read in bed. Like the *Metallurgy Journal.* I'd like to know some tricks for *staying* asleep. I wake up before I want to."

Catfish Hunter *is a farmer when he isn't playing baseball for the Yankees. Whatever the season he gets enough physical exercise that sleep is never a problem for him. He likes a hard bed though he's never changed a hotel room because of the mattress, rises early in the off-season to do all his own chores on his 110 acre farm in North Carolina.*

"I can't go right to bed when I come home from work," says ***Clive Barnes,*** dance and drama critic for the *New York Times.* "I read, or watch late night TV. I've got a curious sleep pattern—I have to turn on my left side first, but I can only sleep on my right. I don't get a great deal of sleep, five or six hours. I don't

SUPPER IN BED, T.V. AND A GOOD READ



ALL DAY REST CURE



Decorating to relax

Four ways to make up a bed

Change its personality with its coverings. To inspire you, interior designer Françoise de la Renta set these scenes for four different women. You may be one of them, perhaps a bit of all of them.

"She's had a busy day and is staying home tonight [left]. Off with the make-up, ten minutes of exercise, a very hot bath—and while in it she drinks cold water. It brings moisture to her face. Wrapped in a terry cloth robe, she curls up with a good dinner. The news, TV magazines, books, catching up, stretching. On her bed, cornflower blue sheets edged with scarlet embroidery, a mohair afghan like gossamer."

"She spends twenty-four hours in bed every week to do the 'liquid diet' [left], taking nothing but clear, fresh

Top: Sheets and cases from Porthe Chatham blanket; Nantucket Loo afghan. Bottom: *Sheets and cases handmade satin comforter, and blanket cover from Léron.*

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LATE MORNING BREAKFAST



HOME OFFICE, 9 TO 5



eets, cases, and blanket cover
esi. Bottom: *Flower-patterned*
Cannon; Chatham blankets;
cet Looms pink mohair
raspberry throw from Design
h. Black lacquer bed by Union
Shopping data, page 131

REVITALIZING BEDS IN RELAXING BEDROOMS

1 Pastels for a bedroom tea table. Cartier china. Room, designed by Betsy Shaw of Trask & Clark, was part of the Designer's Showcase to benefit the Kips Bay Boys' Club at the Carnegie Mansion lent by Cooper-Hewitt.

2 Wide, luxurious bed is the focus of a small bedroom. By Stephen Mallory of Mallory-Tillis for the Milton R. Barries.

3 White tambour curtains lined with a soft, dusty pink, and pale blue walls make a romantic shell around a canopy bed. Room by Mario Buatta.

4 Natural woods, wools, and beach colors for a pared-down, clean sweep room with its own wing removed from the activity of the house. By Trudy Schlacter.

5 Pale and pretty garden colors fill master bedroom in a summer house. Night table on casters for bedside, chairside. Room by William Hodgins.

6 Library doubles as guest room made cozy by a single, deep-colored pattern of wallpaper and fabric. Designed by Mrs. Henry Parish II of Parish-Hadley.

7 Unusual color switch—celery on the ceiling, clean white tiled floor. By Mario Buatta.

8 Fresh bedroom made from a small attic space—white and pale lavender, dark patterned rug anchors it. Designed by Mark Hampton.

9 The Robert Koturs built the fourposter from a kit and antiqued it Colonial blue. Bed kit by Cohasset Colonials.

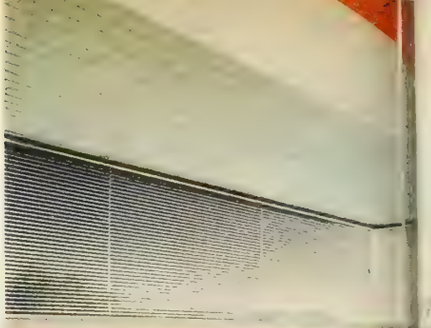
10 Shades of gray for bedsteads, carpet, and the paisley that covers walls of a guest room framed with wood. Room by John Rieck for the Bruce Addisons.

11 Bed is placed directly in the middle of a small room with large windows. Gray fox bedcovering, full gray curtains. By Robert Perkins.

12 Bedroom to live in—desk, chairs, loveseat—useful many ways. All by Drexel Heritage Furnishings; Greeff fabric, carpet; Simmons mattress. Designed by Jo Novelle Walker for "Interior Designers at Waveny House," New New Canaan, Conn. Shopping information, page 131.

"Sleep is not a lack of activity but a different kind of activity. You'll sleep better if you exercise more"















Milk for a real lift.
Milk for a liquid lullaby.
Milk contains over 100 nutritional elements.
Are you drinking as much of this
wonder-working food as you should?

By Eloise R. Trescher, R.D.

energizing, tranquilizing Milk

There is a bumper sticker I've seen recently that reads—"Only love beats milk." It is usually a mother's love that supplies or starts a baby drinking milk. From the beginning of time man has subsisted on the food that his particular environment provides. Throughout the world, milk has been the food for infants and baby animals, given by their mothers. Yet only for the very young is milk a "perfect food." Early in life diet must be supplemented by other foods to furnish iron and vitamin C (ascorbic acid), two vital nutritional constituents in which milk is low. Breast fed infants need a supplement of vitamin D as well. How early depends upon your pediatrician. Many commercial infant formulas contain all necessary nutrients.

Why is milk so important? Although it is not a perfect food, it more nearly fulfills that definition than any other. And



DAVID OBER

the most significant contribution of milk to the diet is calcium. There is more calcium in the body than any other mineral. Approximately 99 percent of this is concentrated in the bones and teeth while the remainder is in the blood and other tissues essential to our well being.

We need a generous supply of calcium every day to maintain bones and teeth, to help blood coagulate, to regulate heart beat, and to aid in the proper functioning of other muscles and nerves. If you're upset, try drinking a glass of milk. It's a liquid lullaby, with a calming effect for many people. The protein of milk is of the highest quality. It contains all of the essential amino acids necessary to build, repair, and maintain body tissues, to fight against infection by forming antibodies, and to make hemoglobin, which transports oxygen to the cells throughout the body and carries away carbon dioxide. Milk contains well over 100 nutritional elements, each making a valuable contribution to our diets.

Each of the foods in the following list contributes essentially the same amount of calcium but vary widely in their protein and calorie content. For the most part, this is derived from Home & Garden Bulletin No. 72, published by the U.S. Department of Agriculture.

	Amount	Calories	Protein, in grams
Milk			
Whole	1 cup (8 ozs.)	160	9
Skim	1 cup	90	9
Buttermilk	1 cup	90	9
Evaporated (undiluted)			
Whole	½ cup	170	9
Skim	½ cup	90	9
Cheese			
Cheddar	1½ ozs.	172	11
Cottage	1⅓ cups	345	46
Swiss	1¼ ozs.	130	10
Ice Cream			
Regular, 10% fat	1½ cups	380	9
Rich, 16% fat	2½ cups	825	10
Ice Milk			
Hardened	1½ cups	300	9
Soft-serve	1⅙ cups	300	9
Yoghurt			
Plain	1 cup	120-160	7
Flavored with added fruits and sugars	1 cup	240-260	6

Many milks today are reinforced with vitamins A and D. Vitamin A, some of it in the form of carotene, gives whole milk its creamy color. However, the amount of carotene in milk varies from season to season depending upon the animal feed. And so vitamin A is added to many milks to insure a dependable source of this vitamin throughout the year.

Vitamin D, so important for calcium utilization, is provided largely by the sun and fish liver oils. To make sure there is enough vitamin D in milk 85 percent or more of all milks are fortified with 400 units of vitamin D per quart. This is the amount recommended by the Food and Nutrition Board of the National Research Council, and endorsed by the Council on Foods and Nutrition of the American Medical Association, and the American Academy of Pediatrics.

Just how much milk is recommended daily

The U.S. Department of Agriculture suggests the following amounts in its booklet *Family Fare*, Home & Garden Bulletin, No. 1.

Children under 9	2 to 3 8 oz. cups
Children 9 to 12	3 or more
Teenagers	4 or more
Adults	2 or more
Pregnant women	3 or more
Nursing mothers	4 or more

Milk can be included in a family's diet in many ways *(Continued on page 132)*

ot going to run a marathon? Fitness elates to your ability to meet the de- your environment—and my program he key elements to change for the erson, not the athlete—*it does no more ess than you need to do.*
is meant to be an active animal. When active, he falls apart. Joints become begin to get aches and pains—signs ages are taking place. The back is a nal that things aren't right—most of us k problems. Another sign is feeling eath after climbing stairs. All definite ur body is not getting the activity it maintain good physical condition.
the rigidity in exercise programs that inion is the reason people are turned ercise. 'I just can't do it,' people say. n't keep it up, so why bother to do it t's not human. My approach is, let's n about exercise. Do it till it feels good ou don't want to do it any more and —and it's okay. If today is my day to and I don't feel like exercising, say I'm off key a little—no big deal. I won't today, and tomorrow maybe I'll feel f you miss a couple of days, it's okay. is good as long as it's not compulsive e if you can't keep up the routine then l to feel like throwing out the whole . If you *want* to exercise every day, it satisfies you or relieves your guilt then that's fine, too. But my exercise is designed to stop anyone feeling out exercise ever again!
don't have to buy equipment. But if it t easier for you, then have it. Mrs. use has a stationary bicycle.
can start at any age—I studied eighty- s who were practically bedridden, and careful program of exercise, checking lse, they've come back to good condi- aying tennis, even. You can change ess in a month from poor to good. Fit- temporary. You lose about 5 percent ree days if you don't exercise. That is best not to skip exercise more than two a row."
Morehouse's program of exercises is n your pulse rate. However it beats at s your pulse rate during exercise that you to structure your fitness program to your requirements. (The only people om this does not apply are those whose have forbidden exertion or who have pulse-rate problems.) Your resting hile seated averages about 72-76 beats ute for men, and 75-80 for women. In , the lower the resting heart rate, the fficient you are. You need to get your p for a few minutes a day to maintain hy heart. Once you are in fairly good on, you will avoid physical deterioration meet five requirements every day, says orehouse.
et your heart rate up to 120 beats a min- at least 3 minutes.
urn and twist your body joints to their aximum range *(Continued on page 132)*

Easy-to-serve food for easy weekend parties—lunch outdoors, one really interesting main dish rolls to the table on a cart



BEADLE

"Look after small details and the party takes care of itself. For hot food, plates must be really hot. For cold, they should be absolutely cold"

Drinks on the lower porch, dinner on the upper porch, overlooking the lake; dancing later. This is the kind of weekend party Mr. and Mrs. Ben Wyker like to arrange for friends at their house in the Adirondacks. Mrs. Wyker—well known, as Judith Garden, for her talent with flowers—is equally gifted at entertaining. "I plan parties out on paper. This might take only two or three hours, but I spend the next two or three days checking it over. Notes contain everything, right down to the plates on which food is served. Certain dishes say summer more than others, like salmon mousse with cucumber salad. Sometimes we start with crabmeat in a chafing dish with drinks. Chicken Kiev, potato puffs, salad. For dessert we might have grape brulée, English fruit trifle, or raspberries and cream." Recipes page 85.

1. The Wykers' favorite boat, Calumny, vintage 1926. 2. The upper porch, with bright red ceiling. Big enough for lots of guests. 3. Guest room, summer cottage wicker, hats on the wall. 4. Log house, painted black with Chinese red rooms. Mrs. Wyker gave up her New York flower shop, devotes all her time now to arranging flowers at the Memorial Sloan Kettering Cancer Center. Above, right: Lunch for six, a begonia on the table, the cloth changes with



Delicious plan-ahead weekend food

the surprise of an all-American breakfast, hearty English picnic, zesty Italian supper



"Summer food needs to have lots of taste, but it must be light"

Italian Supper
Prosciutto wrapped around Bread Sticks
Spaghetti al Pesto
Veal Sautéed with Limes
Bean Sprout Salad
Grapefruit Sorbet
Red Wine Spritzer

Breakfast in bed is all-American pancakes, fresh strawberries, butter maple syrup. Then there is an English picnic, set on bright napkin squares on the grass. Finally a delicious kitchen supper, with a switch of cuisine to zesty Italian food and hot home-made bread. Guests are to be pampered at the house of David and Wendy Steavenson. Says the hostess: "I like to do something special for friends. I've got the right kind—the same treatment comes back to me!" It's all done without fuss, or extra help. "Just highly organized, well ahead of time. If everything is chopped, washed, bagged, and put away before guests arrive, you can still enjoy the party." All fruit and vegetables come from the garden. For recipes, please turn to page 84.

Checkerboard Picnic
Crudités—Sour Cream
Chilled Sorrel Soup
Vitello Tonnato
Fresh Herbed Vegetable Salad
Garden Raspberries and Strawberries with Fresh Cream
French and English Cheeses
Dry White Wine (Meursault 19

1. Casual supper, Italian menu, in the breakfast room, comfortable banquettes. 2. Guest room breakfast tray, strawberry pancakes, orange juice, bouquets of flowers on the window sill. 3. Teddy bears' picnic, for Wendy's daughte another Wendy, honey sandwiches, naturally. Opposite pag Ten potted plants, ten handkerchiefs for checkerboard picni



Fabulous summer food fresh ar



HORST

CANTALOUPE SHERBET* AND WATERMELON ICE

from Joseph Braswell

1 quart watermelon chunks, seeded
½ cup honey
juice of 1 lemon
½ cup blueberries, optional

Marinate watermelon, honey, and lemon juice overnight. Blend mixture at low speed, pour into metal bowl and partially freeze. Blend at high speed, add blueberries, if you wish. Freeze. 1 quart.



BEADLE

HERBED EGG SALAD

from Kathleen Tetlow

hard-boiled eggs, quartered
equal amounts of sour cream and mayonnaise
lemon juice
chopped onion
sprinkling of dill, rosemary, or basil
day lilies

Mix all the ingredients, and decorate with lilies. From the Ulster Garden Club's *Herbs for Gourmet and Gardener,* Department H6, 11 Thomas Street, Kingston, N.Y. 12401; $3.50 postpaid.



STUFFED EGGPLANT

from Emalee Chapman

Slice ends off 10 small eggplant. Scoop out fl
Sauté 1 cup bread crumbs in oil for 2 minutes; d
10 anchovy fillets, rinsed and chopped, pinc
parsley and basil, 6 peeled tomatoes, and egg
flesh. Cover and cook 5 minutes. Fill shells. L
in oiled dish and sprinkle with Parmesan ch
Cover with strips of red pepper. Sprinkle with
Bake in 325° oven for 30 minutes.



DAVID MASSEY

PINEAPPLE MOUSSE* AND PECAN PIE

from Nadine Korman of La Mousse, Los Angeles

Crust: 1½ cups flour
½ cup powdered sugar
1 cup sweet butter at room temperature
pinch of salt
Pam, sprayed on spring form

Sift together flour and sugar, add butter and salt and mix with an electric mixer on low speed until spreadable. Line a 10-inch spring form with dough,



LOW-CALORIE BREAKFAST

by Helen Corbitt

For wafer-thin toast, freeze loaf until hard, slice with sharp knife.

The low-calorie breakfast served to guests at the Greenhouse spa in Arlington, Tex. It consists of a soft-boiled egg with a thin slice of whole-wheat toast, a pot of tea, and a navel orange. The orange is peeled and sliced with a sharp knife, leaving one end intact for easy eating.



PORTABLE PICNIC

from Mrs. George Matthews

***Cold Cucumber Soup**
***Artichoke Stuffed with Shrimp Salad**
Tomatoes, Hard-boiled Eggs
***Herbed Pita Bread**
***Pineapple Lime Sherbet**

unexpected menus and recipes



EMERICK BRONSON

ORANGE AND CASSIS MOUSSES*

from Le Nôtre, New York

Two fruit mousses that can be made ahead and frozen.
the orange mousse the mold is lined with very thin slices of orange,
ich are sprinkled with sugar and frozen before the mousse is added.



FINGER LUNCH ON BEACH

from Suzanne Taylor

Crudités: zucchini, cauliflower, beans, tomatoes, celery, carrots, olives
***Cornish Pasties** ***Chicken Sebastiano**
***Honey French Bread**
Red Wine



BLUEBERRY-RASPBERRY GALETTE

from Suzanne Taylor

Crust: 1 cup plus 6 tablespoons flour
½ teaspoon salt
1 tablespoon sugar
1 egg yolk
1 tablespoon lemon juice
1 tablespoon water

Sift flour with salt and sugar and work in the remaining ingredients. Chill. Pat dough out until it is ½-inch thick and fit into a 12-inch galette pan (shallow fluted pan). Chill.

(Continued, page 84)



HENRY CLARKE

ZABAGLIONE SAUCE FOR FRUIT

from Mrs. Brooks Barton

g yolks
cup sugar
h of salt
¼ cup Marsala wine
pinch of nutmeg
fresh fruit

an beat yolks, sugar, and salt until light and on-colored. Place pan over boiling water and tinue beating adding Marsala and nutmeg until k and mixture mounds. Pour into pot de crème s and chill. Serve sauce with fresh fruit.



GREEN TOMATO SALAD

from Emerick Bronson

Slice as thinly as possible red Italian onions, seedless oranges, and raw green tomatoes (try to have them of uniform size). Arrange alternately in overlapping circles. Dress with a mixture of ⅓ cup olive oil, 1 tablespoon lemon juice, 1 tablespoon rice vinegar, ½ teaspoon salt, ground pepper, and ½ teaspoon minced parsley.



RICE SALAD

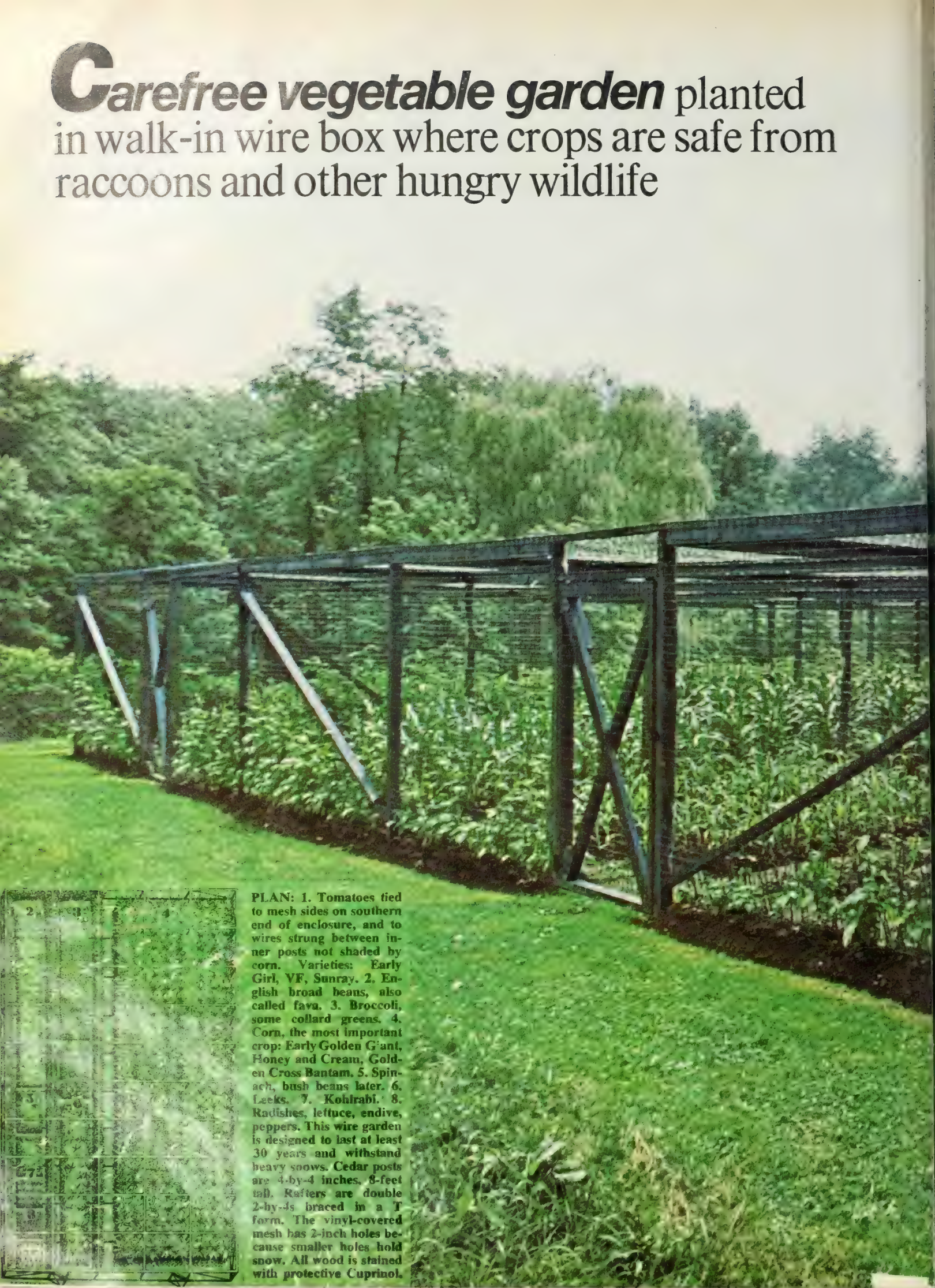
from Christopher Idone, Sean Driscoll of Glorious Food

For easy zesting, freeze lemon at least 2 hours before.

To cook rice: add 2 cups rice and 4 tablespoons salt to a kettle of 8-10 quarts cold water. Bring to a boil, stir occasionally. When rice is boiling rapidly, check for doneness, 3-5 minutes. Drain and wash under cold water until cool. Drain again. 5½ cups rice.

(Continued, page 85)

Carefree vegetable garden planted in walk-in wire box where crops are safe from raccoons and other hungry wildlife



PLAN: 1. Tomatoes tied to mesh sides on southern end of enclosure, and to wires strung between inner posts not shaded by corn. Varieties: Early Girl, VF, Sunray. 2. English broad beans, also called fava. 3. Broccoli, some collard greens. 4. Corn, the most important crop: Early Golden Giant, Honey and Cream, Golden Cross Bantam. 5. Spinach, bush beans later. 6. Leeks. 7. Kohlrabi. 8. Radishes, lettuce, endive, peppers. This wire garden is designed to last at least 30 years and withstand heavy snows. Cedar posts are 4-by-4 inches, 8-feet tall. Rafters are double 2-by-4s braced in a T form. The vinyl-covered mesh has 2-inch holes because smaller holes hold snow. All wood is stained with protective Cuprinol.

Those small black-masked bandits of suburb and countryside, raccoons, inspired the architecture of this garden —they and the woodchucks, rabbits, birds, and even horses that used to bound through vegetable rows planted in this green meadow in Connecticut. Fed up but not fed well, this gardener decided to solve the problem by fencing not only the sides but the top. To foil burrowers, wire also runs 18-inches down into the ground. In essence the idea is a big wire box. Similar success could be had on a small scale by putting wire-frame boxes over blueberry bushes or strawberry rows just before harvest time. (If you are new at gardening and don't know when berries are about to reach perfection, a little bird will tell you, probably with his mouth full.) Other garden defenses that sometimes work are netting, replicas of scary owls or hissing geese, moth balls or cayenne pepper scattered among the rows, or a custodian dog or cat. For a harvest to be worth fighting over, a gardener must first work for good soil and good crops. This garden has been enriched with 2 inches of compost and 2 inches of manure every fall. In spring the soil is turned with a Rototiller, with a reverse gear for sharp corners. Seeds are planted and additional boosts of 5-10-5 fertilizer soon help to produce a succession of bumper crops.

Below: *50-by-80-foot wire enclosure has two gates that lock and are wide enough for tiller and wheelbarrows.*
Below right: *Satisfying harvest of tender vegetables, gathered for family and guests by the basketful.*

EMERICK BRONSON



Above: *Ripening tomatoes tied inside supportive wire walls often peek out. Usual harvest is 75 per plant.*

Below: *Y-shaped twigs and prunings support bell peppers and can be recycled for spring peas or other crops.*



Pleasant for the harvesting... shade from mesh and rafters make garden cooler inside than out



A zest of summer delights

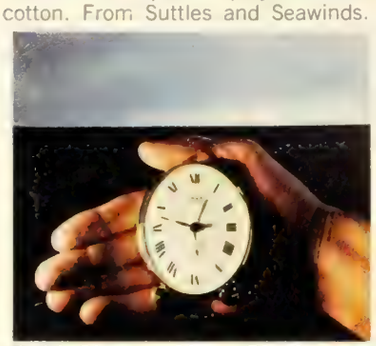
For the perfect guest room



Gay, Colorful Quilt and Pillows "Deco Echo" quilt of polyester and cotton. From Suttles and Seawinds.
Handmade, quilted, sea-quiet color!



Doorknob Messages
Needlepointed, 7- by 9-inch, pretty, fabric-framed messages for the inveterate note-leaver. By Ruth Buchalter.



Bold, Chrome Alarm Clock
If only time were as easy to keep track of as it is for this oval wind up clock by Swiza. At Bonwit Teller.



Lounge for 40 Winks
All you need is a book or a daydream. Blue denim chaise has a rolled back, white bun feet. By Thayer Coggin.



Focus Light on Faces
Cosmetic mirror imported from Italy sheds 24 inches of flattering light on you, the star! At Lighting Associates.



It's In The Bag!
Carry anything anywhere. There are so many uses for these quilted, cotton, plastic lined totes. At St. John.



The Organized Desk Top
Holders and organizers in many shapes and sizes of wood painted to look like bamboo. At Henri Bendel.

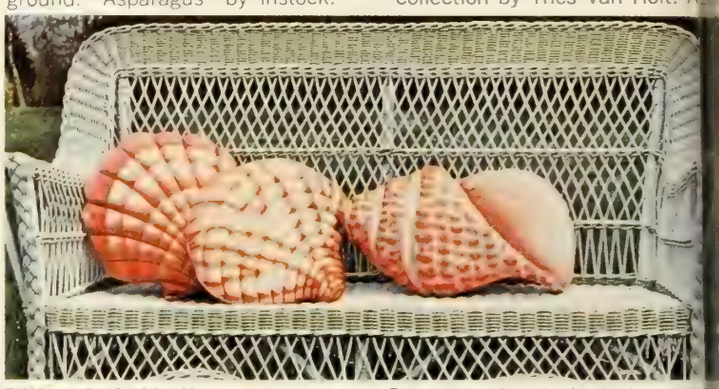
For pure pleasure



Vinyl for Walls S. KORNILOFF
A mad plaid of asparagus garnished with egg floating on a yellow background. "Asparagus" by Instock.



Two Square Feet of Pillow
Big, bright cotton canvas pillo
vite "decked out" lounging. On
collection by Ynés Van Holt. A



Pillow Soft Shells
The best shelling may be in New York.
Summer-colored shells in cotto
satin fabric. Super! From Ed Sti



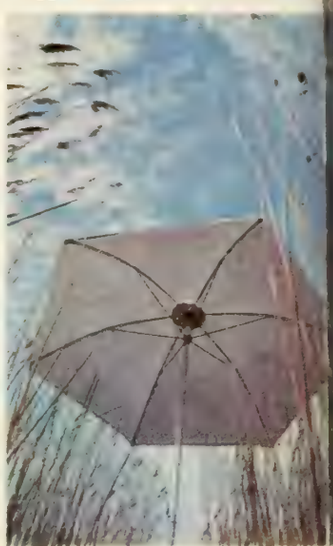
Floating! Portable Radio
Really beachproof sounds—a waterproof radio with FM/AM and weatherband, earphone, strap. By Panasonic.



Batik Tray and Napkin
For leisurely meals when it's too b
tiful to move indoors. Designe
Maggie Morgan. The White Mo



Macramé Plant Hanger
Five handmade feet of the silkiest white nylon yarn and an absolutely enormous wool tassel. At The Atrium.



Canvas Beach Umbrella
For lazing and relaxing in soft,
tected shade on overly sunny
By Bailey/Huebner at Henri Be

Pick-up-and-go games



ean Bag Parade
olorful calico circus parade of ibag elephants. Turtles and kens, too. From The Hired Hand.



Electronic Calculator JAMES MATHEWS
Unit pricing is a snap with this compact model. So light it slips into your pocket or purse. Texas Instruments.



kgammon Tote SUSAN WOOD
ly to go! "Tote Gammon" is a ap tote with snap in "board" and et for pieces. Saks Fifth Avenue.



A Bed That's A Boat
"Zsu Zsa" bed is 90- by 36-inches and has storage in bow. Also available as a kit. By Bill and Jenny Young.



Pump Bicycle Pump
ounce, pocket-sized Tyre Flayte s with CO_2 cartridges. From ey/Huebner at Henri Bendel.



12 Feet of Crossword
2 6-foot puzzles big enough for a whole party to work on or it might last the summer. New Approaches.



e-Instamatic 608 Camera
built-in lenses! 25-mm single and 43-mm telephoto. By Kodak. with Flipflash. General Electric.



Potpourri Cat and Rabbit
Cat and rabbit designs reproduced from old toys circa 1890 and stuffed with herbs and flowers. At Cherchez!

Finds for food and parties



Woven Palm Plates
A shiny lacquered finish on palm plates—a natural base for summer meals. Bailey/Huebner, Henri Bendel.



White Berry Spoons
Spoon up tastes of summer fruits with practical and pretty porcelain spoons from France. Bloomingdale's.



Boxes Galore!
Colorful plaid metal boxes for tucking things away or for stuffing and giving as a guest's thanks. From Paper Moon.



Melon Box With Lid
Whimsical 8-inch melon with slice cut out for a lid. Use for a vase or fresh fruit server. At Cache-Cache.



Picnicking Table
For a casual mood in the kitchen or dining room. Pale wood table and bench. Domani, division of Burris.



Complete Wok Set
All the tools you'll need for many special techniques plus a cookbook for some new ideas. At Design Research.



Porcelain Fish Plates
Handsome detailed brown fish swim on a white background for serving the summer's catch. At Bloomingdale's.



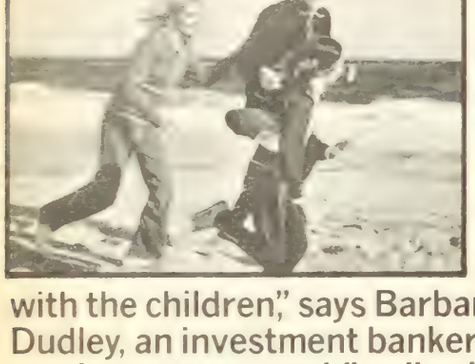
Pretty Boxes for Matches
Lots of the tiniest boxes covered with delicately patterned French cottons. From La Provence de Pierre Deux.

Unwind

People spend their days of freedom in very different ways depending on their tastes and temperament. For those who live in a rural area, the city can add spice and movement. Some seek adventure. Others need simply quiet and fresh air.

Change-of-pace ideas from families who've found interesting ways to unwind and refuel

By Françoise Sciaky



We like our weekends to be full of exercise, plenty of sleep, and lots of time with the children," says Barbara Cates. She, her husband Dudley, an investment banker, and their three children aged ten, seven, and five live in an apartment in Manhattan. In winter the family skis. They take off Friday evenings for the Catskills, where they rent a house in a club, "family-oriented, a couple of hours' drive from the city." As soon as the skiing season is over, they head for a Long Island beach on weekends. The emphasis is on swimming and tennis all day, with Saturday evenings geared to entertaining or going out. "We like to keep dinner parties small and casual," says Mrs. Cates. "Weekends are for relaxation and I try to simplify housekeeping as much as possible."

Maurice Abravanel, a genial 6-footer and his diminutive wife, Lucie, live in Salt Lake City. Mr. Abravanel is the conductor of the Utah Symphony Orchestra.

"I get up every day at six and Saturdays and Sundays are no exception," he says. "We tour a great deal and those traveling weekends are full working days. Even when we stay in Salt Lake City, I work on Saturdays," he continues. "An orchestra is a six-day week.

"On Sundays, we relax, even though I still get up at that 'impossible' hour. I walk around the house on tiptoe, close the doors softly so as not to awaken my dear wife, and read the paper."

"Because a getaway weekend is so rare, it is very precious —I want to be out of doors, away from the telephone"

After breakfast, the Abravanels drive up to the mountains. Snow Bird is a favorite resort of theirs. "We take the gondola and look at the view and skiers. That's our exercise," says Mrs. Abravanel. "Then we have lunch on top in a little inn. This excursion constitutes a complete change of pace for Maurice. He needs it. Early in the afternoon, we come back to the city."

Once at home, just like every other day of the week, Mr. Abravanel takes a nap in his studio, located in the basement of their one-story house. "He has never wanted to move because he loves that room," explains his wife. The conductor's kingdom houses his musical scores, a big table to lay them out on, the piano, records and recordings, and the hi-fi set. "Everything there is in terrible disorder," she says. "The closets and shelves are empty and what is meant to be in them is on the floor."

On Sunday evening, they sometimes go to a movie, or go to see friends—or have them over for dinner. "Sunday nights are good for entertaining, because we're rested.

"Everything here takes place early. People come at around 6 for drinks. I find twelve guests a good number, because I can seat everyone around one big table. After dinner, I serve coffee, tea and mint tea. These relaxed Sunday parties are different from the frequent last-minute affairs I have to put together for musicians who come on a sudden visit and who arrive here exhausted after evening rehearsals or concerts."

Reeve and Georgie Schley and their two small children live on a farm in New Jersey. Reeve designed their wood frame and glass house and Georgie painted it. The Schleys do not relax weekends: On the contrary, Reeve, a landscape, portrait, and still-life painter and Georgie, who organizes the family's life to fit Reeve's professional needs, work and entertain for business purposes on Saturday and Sunday.

"That's when people who buy paintings and who are potential buyers are free," says Reeve, a burly, freckled redhead, who wears fine, unrimmed glasses. "If I'm doing a portrait, the person comes to my studio, which is just across the brook from the house." If the subject is a child, Georgie, a brown-eyed ash blonde, who has stamina for two, entertains the parents and gets a meal going "so that everybody," she says, "will have something to do when Reeve has finished or is taking a break. One recent weekend, we had two luncheons and two dinners, all having to do *(Continued on page 133)*

Relax

20 minutes of meditation to feel great every day

A technique you can teach yourself, outlined by Dr. Herbert Benson, that can reduce stress, beat high blood pressure, help maintain a healthy he

Interview by Beverly Russ

EDITOR'S NOTE: *Beverly Russell has be following the work of Dr. Herbert Ben and his colleagues at Harvard Medical School for the last three years. Investig tions that started out by measuring hyp tension and heart disease led to the disc of an important physiological reaction, which Dr. Benson has named the* relax response. *Papers have been written on t response and published by significant pu cations including* Scientific American, Psychosomatic Medicine, Psychiatry, Harvard Business Review, *and the* Wall Street Journal. *This November, Dr. Ben book* The Relaxation Response, *a comp summary of all his work, will be publish by William Morrow.*

We all know *why* we should relax, to reduce stress, beat high blood pressure, the bane of our fast-paced society, and maintain a healthy heart. But *how* to do it successfully is sometimes another matter. ay we may feel the need for something e than a good night's sleep to keep a calm ıe of mind, and the body and nerves free ı knots and tension. Searching for alter- means of relaxation, Dr. Herbert Benson, ırvard Medical School Professor and car- ogist, Director, Hypertension Section, ı Israel Hospital, Boston, and a team of archers, have investigated mental tech- ıes. And they've discovered some very resting facts.

tudies show that the human being possesses *laxation response*—a mental tool that can ısed effectively to soothe and pacify nerves muscles and generate a comfortable feel- of serenity. In fact, it's a refreshing pause ny time, no matter how you feel! To turn this *relaxation response,* all you need to n is an easy formula for putting your d to rest:

1
A comfortable position
Sit in a comfortable chair.

2
A quiet environment
ɔose a quiet room away from interruptions and noise.

3
A mental device
n off everyday thoughts by closing the s and focusing either on an object (in the d's eye), such as a flower, a place, or a son that makes you happy. Or repeat a d you like the sound of over and over.

4
A passive attitude
cipline yourself to reject ordinary thoughts hey come up by concentrating on the object or word.

5
Regular practice
this routine daily—ideally twice a day—for twenty minutes each time.

t all sounds so simple. Why haven't we n doing it before? We *have* known about insists Dr. Benson. "Techniques have sted for centuries for this type of relaxa- ı. There is a repetitive verbal sound in yer especially in the Catholic religion. And Jewish religion has a similar type of yer. In our investigations in the laboratory have found that such prayers elicit the axation response. They take you easily ɔ the meditative state, or an altered state consciousness. Many of these useful pray- have been neglected."

What actually happens in the meditative state or wakeful rest as it is also called, that produces complete relaxation? Oxygen consumption decreases—"in three or four minutes of meditation you are down to levels that would take four to six hours to reach through sleep," says Dr. Benson—respiratory and heart rates decrease. What these physiological changes add up to is a marked state of decreased *sympathetic nervous system* activity. In other words, significant *bodily* relaxation is triggered off through *brain* reaction.



TED HARDIN

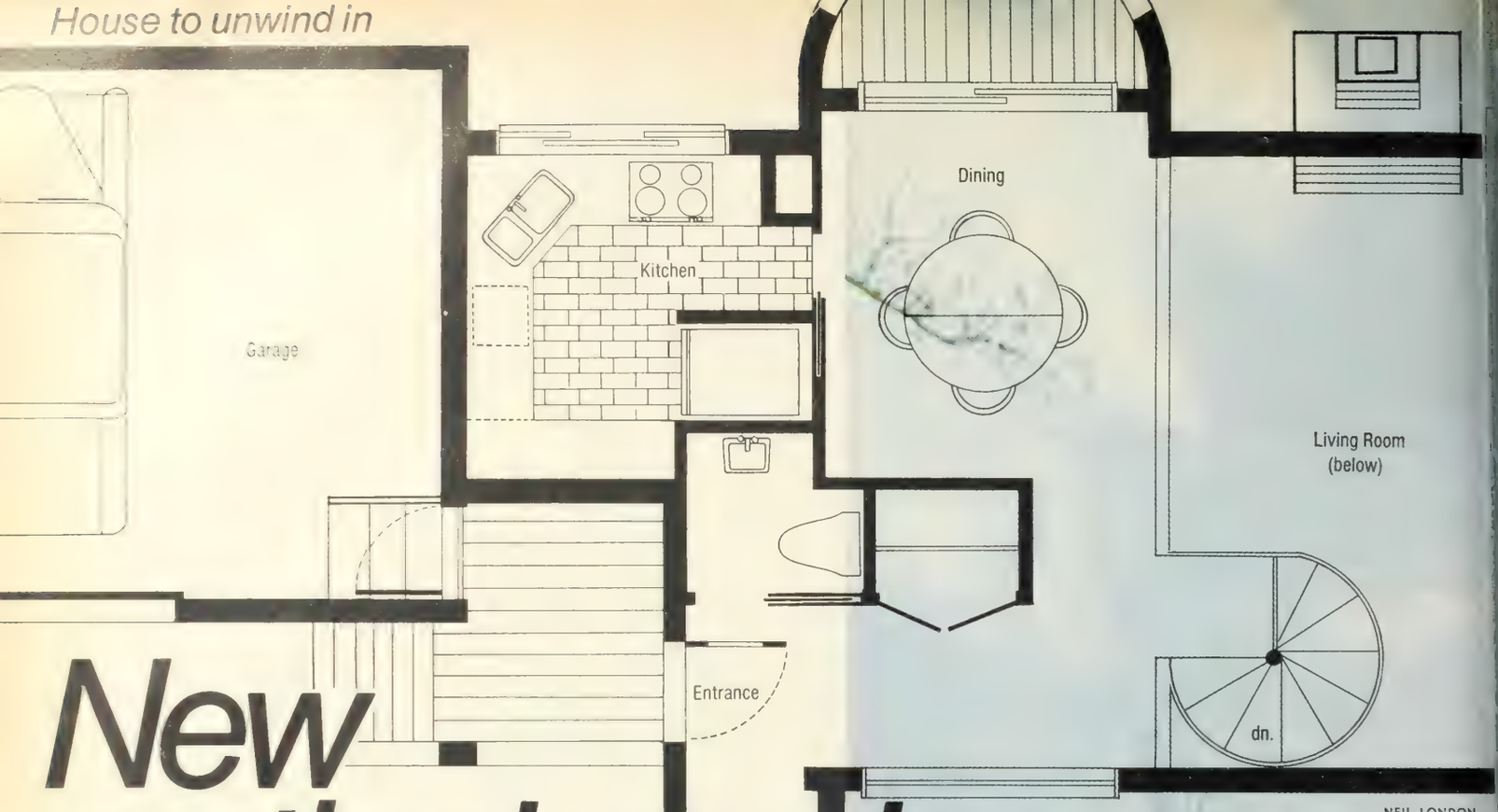
Dr. Benson in the laboratory. Subject using his relaxation technique is wired up to machine, which measures body metabolism.

Now there are different methods of mental relaxation offered by a variety of groups in America today. These methods include Yoga, transcendental meditation (TM), Zen, biofeedback, sentic cycles, self-hypnosis, mind control, Arica, Kundalini. In Dr. Benson's opinion these mental-training groups have all developed a means to a similar end. They are merely offering different ways of training the mind to turn on the *relaxation response.* If you take up TM—as apparently 450,000 Americans have already done—you may be asked to go to several preliminary lectures, then an initiation ceremony, at which time you pay $120 and obtain a mantra, or word, which is yours personally and is used at home to guide you into the meditative state. A certain mystic quality surrounds TM because of the secrecy of the mantra. However, Dr. Benson concludes that *any* word repeated over and over will provide the same effect. "Breathe through your nose," he says, "become aware of your breathing. As you breathe out, say the word 'one' silently to yourself. With practice, the relaxation response should come with little effort." If you don't like the word "one" you could substitute "love" or anything else that suits your fancy, adds Dr. Benson. It will have the same result.

Dr. Benson stumbled on mental relaxation first of all by studying hypertension, which causes high blood pressure and heart disease. "We found we could train animals to increase blood pressure and to lower it. While these studies were underway some young people came to me and claimed they, too, had control over their blood pressure and wished to be studied. They practiced TM. I was rather skeptical at first, but at any rate we studied these individuals. Our findings led us to measure other methods of mental relaxation." It is Dr. Benson's conclusion that all these methods of deep, conscious relaxation can only have therapeutic benefit and help us cope with our environment and avoid taking the toll in terms of high blood pressure, strokes, and other hazards.

Apart from feeling more relaxed and less knotted up, people using this mental tool describe other benefits, too—increased clarity of mind, increased productivity in their daily lives. "Many claim to lose their neurotic tendencies and say they are better able to cope, that they decrease their dependency on alcohol, sleeping pills, and other drugs and even cut down on smoking," adds Dr. Benson. "In no way is meditation a substitute for good sleep," he goes on, "but it is a distinct state, which is unique and separate from sleep."

It seems clear that we should all learn to make use of this remarkable asset. As Dr. Benson suggests: Why not take a daily relaxation-response break instead of a coffee break?



NEIL LONDON

New vertical house

on a vertical lo

With an adventurous, but practical design, the owners of this house made a steep two acres work as well as and seem as private as twenty

The family who own this house bought a steeply sloped, rocky piece of ground with frontage on a pond, shared with three other families. The plus of summer swimming and winter skating compensated for lack of land. And the challenge of building (both husband, William Rosenfeld of Rosenfeld, Harvey, Morse, and wife, Serpil, are architects) was pure pleasure. First requirement was low maintenance—hence unstained cedar walls and a lead-coated copper roof. They also wanted low energy bills—which led them to research and install a $2500 electric heat-exchanger system for heating and air conditioning "much cheaper than putting in a furnace and less expensive to operate and maintain." Last year's total running costs (including lighting and heat for cooking) were a mere $550. Other ideas thoughtfully incorporated into the design plan: parents' bedroom and bath on the top, fourth floor ("we don't like children cruising through our room"), and the living room proper one level beneath the kitchen-dining area ("we're not people who live in the kitchen").

Appropriate architecture for a wooded, country glade, the cedar house, right, projects into trees. The curved "silo" contains spiral stairs to three levels. Entrance up steps to right of garage, provides a front door on the second level. Below left: Living room deck faces pond, sheltered master bedroom deck, at top, catches same view. Sloping roof and chimney delineate living room, below right.

ELLIOTT ERWITT









One big 2-level space for cooking, eating, living



For the Rosenfelds, relaxing in this house definitely has special meaning. They spent fifty-two weekends making it liveable, finishing off the building themselves, after initial foundation work, framing, and insulating was done. "We nailed up Sheetrock, painted walls, did all the built-ins ourselves. Serpil knows how to handle power tools just as well as I do," says Bill Rosenfeld. "But in the clouds of dust there were times when we wondered if we would ever sit back and unwind on the sofa." When inside was finished, they went outdoors, planting fruit trees and a vegetable garden—they care about quality food. More recently, in a joint venture with neighbors, fifteen hens have been added, to guarantee a supply of fresh eggs. Occasionally friends will weekend with them, for there is one guest room on the same floor as the girls' room. On these occasions, Serpil, born in Turkey, may put together a meal of Turkish hors d'oeuvres, delicious stuffed artichokes, cold bean salad, chicken with walnut sauce, which is eaten with raki, the Turkish equivalent of ouzo. To the children, the whole atmosphere of their country place resembles a tree house, an escape for fun and games, away from real life. In fact, they've already put forward a tantalizing suggestion: "Why don't we spend two days in the city and five in the country every week, instead of the other way around?"

1 and 2. Fireplaced living room, skylight pierces sloped ceiling. Metal stairs wind down from hallway. Antique kilim rugs from Artweave Textile Gallery. 3. Dining area, in gallery overlooking living room. 4. Elif, seven, and Eren, five, with parents on deck beyond living room. 5. Master bedroom at top of house, cedar wood lining the curve of copper roof. Serpil Rosenfeld made the felt quilt. 6. Serpil at kitchen "desk," all cooking equipment in easy, pull-out drawers. 7. Arching roof, the join of the "silo" containing stairs. 8. Curves in the roof of master bathroom.






5
6
7
8

A house to unwind in

New solar house draws warmth from sun into one big room where everyone gath

Even the snow cooperates to conserve energy in this house, and big insulated panels drop down to hold heat in the living room at night

To get away from it all, on a snow-covered mountaintop in Vermont wh the view rolls on for miles. To be truly independent, on your own, harmony with the elements. This solar-heated ski house comes as cl to that ideal as a house with modern comforts is likely to. The sun, s architect Robert F. Shannon of the People/Space Company in Bost provides half the heat and hot water. Walls are padded with extra insu tion, flat roof uses the blanketing snow to hold heat in. Even the firepla circulates hot air back into the room rather than up the chimney. reduces heating bills by half," says Mr. Shannon, "and yet I think t solar elements—400 square feet of collector, 320 square feet of reflecto only added about $1000 to the cost of building." The glass-faced bla aluminum collector panels were once printing plates. Three bedroo are downstairs to lift the living room windows further into the view. C ors are vacation-cheerful, and the furniture is leisure-time indestructib





1. The south-facing solar wall comes in four sections. On the bott is a metal-lined reflector that is moved twice a year, spring and f to bounce the sun into the collector at the right angles (snc covered, it still reflects). The slanting first-story wall is the collec itself, where moving air soaks up the heat, carries it away to be u or stored. Second-story window wall welcomes direct sunlight. Cab anchored roof reflector is another sun-gathering surface in winter sunshade in summer. 2. Daytime living space is one open airy roo the kitchen tucked under a sleeping loft for extra guests. 3. A set insulating panels on pulleys attached to the exposed truss can dropped across windows at dusk to hold heat in at night. 4. Wh they're all down, they make a mural of mountains, snow. 5. Dow stairs, bed hugs collector wall. Building information on pag

sun gathers





2



3



4



5

House to unwind in

New easy-maintenance house wit a light-filled living center

With skylights overhead, and only glass to separate inside from out on two walls, the living-dining-entertaining room gives the feeling of always being outdoors







Skylights, shown by dotted lines, define two axes of house. Hall widens to accommodate laundry, heating facilities, and wall curves to contain fireplace and chimney, "and to bend the light," says Miss Carder. Curve is echoed in dining room cabinet wall. Den has built-in banquettes that pull out for guest beds, children's bedrooms have built-in bunk beds.

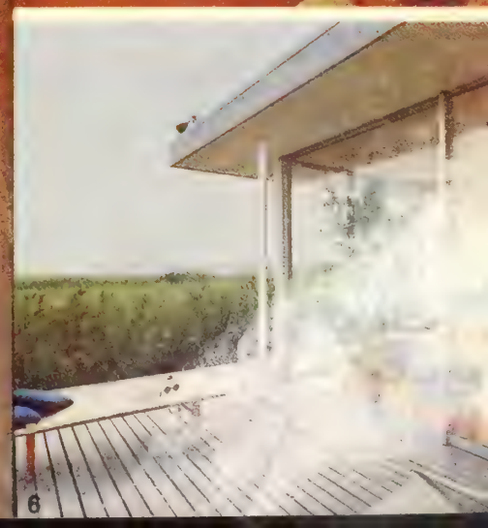












Glass walls barely intervene between an arm of the Atlantic Ocean and the living room where Mr. and Mrs. Colgan Schlank and their children spend their summer weekends. "It's a super feeling," she says, "like being outdoors all the time. You get up in the morning with birds and sunlight all around." The house imitates the skyline, long and lean. It turns its back on the public community—no windows on the inland-facing south side—and opens up inside for entertaining friends and neighbors. Skylights drop sun and shadow through the ceilings in living room, *above*, long hall, even over the baths, *see plan, left*. Every room, especially bathrooms where salt and sandy feet are washed off, has immediate access to the outside. Bedrooms are small, merely for sleeping. The sun sets over the vegetable garden, just outside kitchen and dining room windows. "Our big extravagance was glass, almost half the outside walls," says David Nahon, with Martha Carder architect for the house. "But since most of them face northeast there's little glare—and there's all that view." The house fits so well into its seascape that seagulls drop clamshells on its flat roof.

1. A curved cabinet wall separates living and dining rooms, allows friendly flow for parties. 2. Rooms are stepped back to give each its own door to the deck. 3. From front door, one sees straight through to Clam Cove, where the Schlanks fish. Trellis overhead courts shadows. Louvered door leads to bathroom anteroom, where there's a shower. House is built on pilings. 4. Doors to den, where a fireplace makes autumn evenings cozy, and living room. 5. A bed, table, mat, some bright colors, the master bedroom. 6. Sundeck blends with living room. **For building facts see page 131.**

"Keep big trees 'ventilated' by thinning and topping branches from time to time. Then the wind can blow through the tree a little more easily instead of knocking it down"

Happy Housekeeper

continued from page 26

retically dampens the tape as you pull it out. It always seems to be in need of water and, as time goes on, the brush that does the wetting gets scummy and doesn't dampen evenly. Instead of the constant struggle, we now use 3M Package Sealing Tape. The 1½-inch width seems very practical and it's a **package tape that always seals firmly** on contact and meets government postal regulations—even for overseas shipping.

Last night's violent wind storm woke us up at three o'clock and made us wonder if we were having a hurricane. The trees bent and swayed outside and the windows shook so hard we were afraid they wouldn't hold. Then Tom remembered his sailing days and went about the house opening some windows on the east side of the house a few inches and a few on the west side as well. As the wind was blowing strongly from the east, this gave it a chance to blow *through* the house and may have saved the windows. Of course, open doors too between the east and west sides to **maintain the cross ventilation in the house during a wind storm.**

Another thing to remember: keep very big trees "ventilated" by keeping the branches thinned and topping them a little from time to time. Then the wind has a chance to blow through the tree a little more easily instead of knocking it down, particularly after a rainstorm when the ground is soft.

There's a new degreaser on the market called Grease Relief and we think it's terrific. In a sturdy red bottle with a trigger release, it's a **spray-on liquid for any kind of grease problem** in the laundry, kitchen, workshop, or in general cleaning. For the stove top, broiler pan, or greasy pots, spray it on directly and then rinse with hot water. Or add it to the dishwater to help cut the grease.

In the laundry, spray it *directly* on grease spots, collars, cuffs, and areas that often resist regular laundry soaps and detergents. And it's a great addition to the cleaner you use for washing walls and woodwork where there's bound to be a film of grease.

August, our favorite month for picnics and barbecues, always seems to be the month when the mosquito and ant populations peak. I was delighted to discover **a new insecticide**—Shell's Outdoor Fogger that kills and then repels (for up to four hours, according to the package) these unwelcome guests. Shell also makes House & Garden Insecticide, Flying Insect Spray, and Ant & Roach Insecticide, and what I love, with grandchildren around the house all summer, is that all have a "Child Protector-Top" designed to keep the spray valve from young fingers.

The Candle Shop has some **terrific terrace lights**—they look like little flowerpots, but they're filled with a special candle wax and wick that will burn for five hours. The tall flame is windproof and also acts as an insect repellent. Six to a box, they're called Faroy Garden Flares and come from Housin, Texas. *Not* for indoor use.

Have you ever taken a swe or a soft wool dress off a har only to find puffy little wings the shoulders where the hanger poked it? This can be very disco aging when *that* is the garment want to wear and you're in a hu However, I have found **a solut to sleeves marked by closet ha ers.** Besides investing in pad hangers as a preventive, the p can be removed by sponging th gently with a washcloth wrung in hot water. Put another rolled washcloth underneath and pat smooth until the shoulder is b to normal. ■

A harvest of summer fru —grapes, pineapple, apricots—on a custard filled, vanilla-glazed tart. For the recipe, turn to page 130.

DAVID MAS



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Summer soups
from fruit to nuts

by Doris Tobias

Summer soups are made of sun and soft zephyrs, soothing as a running brook, buoyant as a hummingbird's wings.

Chilled fruit soups are main-European in origin, using ripe, seasonal cherries and berries—frosty blueberries and purple-passion plums, succulent peaches, nectarines, creamy pears.

Summer fruit soups are thin-textured but rich with unexpectedly piquant flavor; marvelously refreshing. Traditionally, they're accompanied by delightfully special bread—black raisin pumpernickel, thin sour rye, homemade fruit breads, hot, crusty biscuits. Follow the soup and bread with a light summer salad, cheeses, fresh fruit, and beverage for an imaginative warm-weather luncheon. Serve the chilled fruit soup to conclude a summer night's dinner.

The soups are super pickups when poured icy cold from a pitcher after a set of tennis, an afternoon swim, or a session tidying up your garden. And they provide a pleasant prelude to somnolence before retiring.

And for that inevitable rainy day, a walnut or peanut soup is a warming way to chase away that gray feeling. Sunday brunch becomes a gala event when you start off with consommé Bigarade, tangy with fresh orange . . . and served with croissants hot from the oven.

Serve fruit and nut soups with panache. Use your prettiest tureens and bowls. Pour chilled soups into Chinese porcelain bowls, crystal punchbowl glasses, stemmed wineglasses, or brightly colored pottery mugs.

Make it gala by ladling from a large crystal punchbowl or footed giant brandy snifter.

Garnish with imagination. Float one shelled almond in a bowl of peaches and cream soup. Plunk a fat red cherry, stem and all, in the center of the cherry soup. Place thin rounds of unpeeled lemon on rims of glasses of blueberry bisque. Dust the freshly poured plum potage with finely chopped walnut.



Pile unshelled walnuts and almonds in a shallow, handwoven basket and use as a centerpiece for your brunch table, with bunches of fresh blooms on either side.

Fill a mushroom basket with oranges and lemons. Tuck bunches of fresh watercress at the ends and place at one end of your table.

EACHES AND CREAM SOUP

antastic when made with fresh, eestone peaches or nectarines.

2 pounds fresh peaches, peeled, and pitted, cut into quarters
ater
cup sugar
ice of half a lemon
or 4 gratings of whole nutmeg or ¼ teaspoon powdered
itcher of heavy cream or vanilla ice cream, melted to pouring consistency
risp, thin cookies

a saucepan place peaches with ater to cover, sugar, lemon juice, utmeg and bring to the boil and immer until peaches are tender, bout 15 minutes. Cool. Purée in lender or pass through a sieve. Chill thoroughly and serve in parait glasses. Pass a pitcher of heavy ream or vanilla ice cream. Serve s a dessert, with cookies. Serves bout 4.

GOOBER SOUP

Exotic and spicy, a peanut soup rom the heartlands of Africa.

3 cups rich chicken stock
1 cup peanuts, finely ground
½ teaspoon salt
5 or 7 grindings of black pepper
several dashes of hot pepper sauce
3 tablespoons ketchup
½ cup dry white wine
green scallions, cut in rounds

In a large saucepan bring stock to the boil. Lower heat to simmer and add peanuts, salt, pepper, hot pepper sauce, ketchup, and white wine and simmer soup for 20 minutes. Taste to correct seasoning. It should be spicy. Serve piping hot garnished with a few scallions. Serves about 6.

VICHYSSOISE AUX POIRES

Delicate, with the subtle flavor of fresh summer pears, rich with cream and potato. An elegant variation on the vichyssoise theme.

2 large potatoes, peeled and cubed
2 leeks, cleaned (slice off all but 2 inches of green, leafy parts and make several slashes about 1-inch deep in both ends—hold under cold running water to get rid of all the sand), and diced
water
1 cup rich chicken stock or canned bouillon
3 ripe pears, peeled, cored, cubed
salt and freshly ground pepper
3 cups light cream
fresh chives, chopped
sweet paprika

Place potatoes and leeks in a saucepan, cover with water and cook until tender, about 15 minutes. Drain. Place potatoes and leeks in the blender, add stock or bouillon and purée. Add pears to blender mixture and purée until smooth. Season with salt and freshly ground pepper. Stir in light cream and chill soup several hours. Serve garnished with chives and a dusting of paprika. Serves 4.

BLUEBERRY BISQUE

Subtle, smooth, and scrumptious.

2 pints blueberries or huckleberries washed and picked over
juice of 1 small lemon
4 cups water
2 or 3 cloves
1-inch piece of cinnamon stick
a few gratings of nutmeg
very fine granulated sugar, to taste
plain yoghurt
grated orange peel

Place in a saucepan blueberries or huckleberries, lemon juice, water, cloves, cinnamon, and nutmeg. Cover and cook over medium heat until berries are soft. Strain soup and taste. It should be tart. If it is too tart for your taste, add sugar to taste. Chill the blueberry bisque thoroughly and serve with yoghurt and sprinkle with a little orange peel. Serves about 4.

Continued on page 82

Marvelous marriages for summer soups

Homemade biscuits, piping hot. *Use your favorite packaged mix, or a good frozen product. Add ¼ teaspoon of caraway seeds for flavor and texture.*

Slice a good horny loaf *of raisin pumpernickel, rye, Swedish limpa, or whole-grain bread, and serve with a crock of fresh sweet country-style butter.*

Cocktail rye or pumpernickel rounds are great. *Heat them briefly in the oven and serve with a cream-cheese-and-chives spread.*

Make tiny puff paste shells, *using frozen, ready prepared dough. Stuff the shells with sautéed chicken livers put through a food mill together with hard-cooked eggs, a little mayonnaise, and seasoned with salt, pepper, and a dash of nutmeg. Bake in a very hot oven until golden and flaky.*

Big, puffed-up popovers are a happy surprise. *Use a packaged mix. Add your own touch to the dough before baking: finely chopped bacon; small cubes of Cheddar or Emmenthal cheese; snippets of fresh green chives. Chill dough thoroughly. Spoon into hot muffin tins and into a very hot oven—they will pop gloriously.*

Fruit breads *found in health food stores and many supermarkets are delectable—orange nut, banana, apple-raisin—they're all super.*

Pop a ready-made fresh or frozen quiche *into the oven and serve in thin wedges. Pass the pepper mill.*

Keep packages of frozen croissants in the freezer. *Heat to melting flakiness and serve with plenty of country-style butter.*

Roll out a piecrust *from your own stock or from a packaged mix. Keep it thin. Cut into squares. Fill centers with a dab of finely thrice-ground beef, seasoned with salt, pepper, onion, and a little curry powder. Fold dough over filling to form little envelopes and bake in hot, hot oven until they are lightly browned.*

Whole-grain wheat or soya muffins *prepared from a packaged mix are great taste-texture go-withs. If you buy them already made, heat them to heighten flavor.*

Delicious Saturday-Sunday food

Menus and recipes you can either make ahead or whip up at the last moment

by Molly Finn and Jeri Laber

BREAKFAST
Cottage Cheese
Fruit
Granola Bread and Butter°
Coffee

LUNCH
Fish Loaf°
Carrot and Radish Salad°
Buttered Pumpernickel
Iced Coffee with Ice Cream

DINNER
Clams on the Half Shell
Chicken and Brown Rice in Dill Sauce°
Cherry Tomatoes
Brandied Peach Mousse°

Authors of *Cooking for Carefree Weekends*, Molly Finn and Jeri Laber, plan one day's menus of cold food and one of hot for you to mix and match as the weather and appetites dictate.

If you are serving a late breakfast, you will have time to make granola bread in the morning. Allow about two hours from start to finish, plus a little while for it to cool for easy slicing. You can also make it the day before.

There is nothing else to cook for this breakfast. Simply mound some fresh cottage cheese in the center of a platter and surround it with whatever fresh fruit is at its prime. Use as much variety as you can, and serve it sliced or whole.

You can serve this breakfast in winter, too, using oranges, grapefruit, bananas, and dried fruit.

GRANOLA BREAD

Any kind of granola cereal is good in this bread.

1½ cups warm water
2 envelopes dry yeast
2 tablespoons vegetable oil
1-2 tablespoons honey
1½ teaspoons salt
3½ cups flour
1½ cups granola cereal
optional: nuts or raisins
butter

Warm a large mixing bowl by rinsing it with hot water. Add water to bowl and sprinkle it with yeast, and allow mixture to stand a few minutes, then stir until the yeast is dissolved. Add oil, honey, and salt and stir well. Add the flour and granola and nuts or raisins if desired. Mix thoroughly. Cover bowl with a towel and set in a warm spot for about ½ hour. The dough will almost double in bulk.

Preheat oven to 350°. This dough does not require kneading; beat it vigorously with a wooden spoon or punch it down, pat it into shape in a well-buttered, 9-by-5-inch loaf pan. Put pan in a warm place for 15 minutes and then bake for 45 minutes until the bread is crisp and brown. 1 loaf.

You can make this bread a day ahead and wrap it in foil after it cools to keep it fresh. Warm it slightly before serving, if you wish.

The fish loaf for this cool summer lunch can be prepared entirely a day in advance and, in fact, should be, unless you like to start cooking very early in the morning. It doesn't take long to prepare, but it does have to chill for at least three hours before serving. Remember that food served cold requires more seasoning than hot food. Make the pretty orange and red salad about an hour before lunch and serve it in a separate bowl. Brew an extra pot of strong coffee at breakfast time so that you can have it chilled and ready for dessert at lunch.

FISH LOAF

6 large onions, chopped
3 tablespoons butter
1 tablespoon vegetable oil
2 pounds fish fillets, preferably a mixture of several kinds
3 eggs
3 tablespoons bread crumbs
juice of ½ lemon
2 teaspoons salt
plenty of freshly ground pepper
slices of lemon
capers
parsley and watercress

Preheat oven to 350°. Reserve 1 cup onion. Sauté the remaining onion in butter and oil until golden brown. While the onions are cooking, cut the fish into very small pieces or chop it, or put it through the coarse blade of a food grinder. Make it as coarse or as fine as you like—it's entirely a matter of taste. In a large bowl beat the eggs, add fish, reserved onion, cooked onions, bread crumbs, lemon juice, salt and pepper and combine mixture thoroughly. Place in an oiled 9-by-5-inch loaf pan or a 2-quart baking dish and bake for 1 hour. Cool loaf and then chill for at least 3 hours.

To serve, turn the loaf out of the pan onto a platter and garnish with lots of lemon slices, capers, parsley or watercress or both. Pass extra capers and a pepper mill. This loaf serves 6 generously for lunch. It makes an excellent first course for 12.

CARROT AND RADISH SALAD

juice of 1 lemon
1 clove garlic, minced
1 teaspoon salt
4-6 large carrots, scraped and thinly sliced
2 cups red radishes, thinly sliced

In a bowl mix lemon juice, garlic, and salt and combine with the carrots and radishes. Chill at least ½ hour before serving. Serves 6.

This elegant cold meal is a pleasure to prepare. Have the clams opened at the fish store and keep them chilled. You can cook the chicken as much as a day ahead, if you wish, and the dessert can be made many hours before serving. When you make the dill sauce, save the egg whites to use in the mousse. If you have refrigerated the chicken and the rice, be sure to leave time for them to come to room temperature before serving.

CHICKEN AND BROWN RICE IN DILL SAUCE

Poaching Chicken:
6 whole chicken breasts, skinned, boned and halved (reserve skin and bones)
3 cups canned chicken broth
2 ribs celery
1 large carrot
1 small onion
1 teaspoon salt, or to taste
1 bay leaf
Dill Sauce:
3 tablespoons butter
1 clove garlic, minced
2 tablespoons flour
3 cups stock (after poaching chicken)
1 tablespoon vinegar
2 teaspoons sugar
juice of ½ lemon (about 1 tablespoon)
½ teaspoon salt
freshly ground pepper
3 tablespoons fresh dill, chopped
3 egg yolks
Assembling Dish:
2 cups uncooked brown rice
salt and pepper to taste
squeeze of lemon
dill sauce
cherry tomatoes
poached chicken breasts
fresh dill, chopped, optional
sliced olives, optional
watercress, optional

Place chicken skin and bone in a pot and add broth, celery, carrot, onion, salt, and bay leaf and bring to a boil; cover the pot and simmer for 1 hour.

Strain the stock and let it stand until the fat rises to the surface. Skim off the fat. (If you have time, let the stock chill overnight so that the fat congeals. This will make it easier to remove.)

Pour 3 cups stock into a large skillet and heat until it simmers. Add chicken breasts and poach them, covered, in the barely simmering stock for about 10 minutes or until they are just cooked through. (You will probably have to cook the chicken in 2 batches.) Remove the chicken from the stock. Reserve stock.

Leave chicken at room temperature, or refrigerate it if you are not planning to serve it within the next 2 hours. Measure stock and add more stock, if necessary, to make 3 cups.

Melt butter in a medium-sized pot over low heat. Add garlic and cook it for a few minutes without letting it brown.

Stir in the flour with a wire whisk and continue to cook for 1-2 minutes more. Add stock and stir constantly. Cook sauce over medium heat, stirring frequently, until it thickens. Season it with vinegar, sugar, lemon juice, salt, pepper and dill, and continue to cook over low heat until the flavors are well blended, stirring, tasting, and adjusting the seasonings if necessary.

Beat a little of the hot sauce into the egg yolks and add the yolk sauce mixture gradually to the sauce, stirring constantly. Continue to stir the sauce over low heat until it reaches the boiling point and then remove it immediately from the heat.

Set the sauce aside to cool, at room temperature or in the refrigerator. Stir it from time to time to prevent a skin from forming on the surface.

Cook the rice and when done season well with salt, pepper, and lemon. Stir in about ½ cup dill sauce. Pack mixture tightly into a small bowl and let it cool in the refrigerator.

Since this dish should be room temperature, it may be assembled 1 hour or more before serving. Unmold the rice in the center of

Continued on page 8

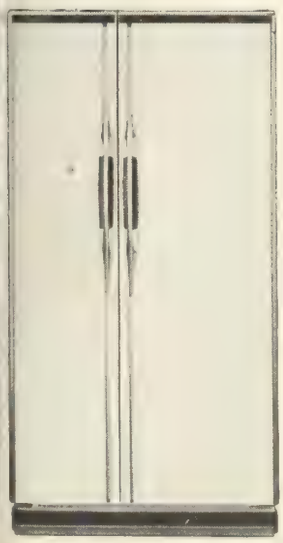
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Drexel Heritage Furnishings
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Continued from page 78

rge platter.

Surround the rice with the cher- tomatoes. Surround the toma- es with chicken breasts and top ith dill sauce. (The sauce may be inned with a little warm stock, ut let it come to room tempera- ire before you decide whether inning is necessary.)

You may sprinkle the chicken reasts with dill and garnish the ounded rice with sliced olives or atercress, if you wish. Serves 6.

BRANDIED PEACH MOUSSE

oiling water
pounds fresh peaches
tablespoons sugar
-3 tablespoons brandy
enerous squeeze of lemon juice
cup cold water
package unflavored gelatin (1 tablespoon)
cup heavy cream
egg whites
arnish: fresh berries, optional

Drop the peaches into a pan of oiling water for 1 minute to oosen the skins. Peel and slice the eaches (about 3 cups). Put them i a bowl, sprinkle with sugar, randy, lemon juice and let them iarinate for about 15 minutes, irring gently from time to time. 'lace cold water in a small pan nd sprinkle the gelatin over it. Vhen the gelatin has softened, bout 5 minutes, place pan over iedium heat and stir until the elatin has been thoroughly dis- olved.

Set aside 1 cup of peaches. Add emaining peaches, juice, and gel- tin mixture into the container of n electric blender and whirl to a ine purée. Pour purée into a large owl and taste for sweetness; if ou wish, add more sugar or randy.

In a bowl whip cream and fold nto the peach purée. In a separate owl beat egg whites until they re stiff, but not dry, and fold into he peach mixture. Pour half the nousse into a 1½-quart soufflé dish r any other serving dish of the ame capacity. Cover with re- erved peach slices and add the emaining mousse. Chill in refrig- erator for 3-4 hours or until set.

Before serving, if you wish, gar- nish mousse with reserved peach slices and some fresh berries. Serves 6.

If you follow the steps in the recipe carefully, this one-dish breakfast should be quite easy to prepare. Don't turn down any of- fers of help, however; if somebody else fixes the toast and makes cof- fee, it will make the timing easier for the cook.

BREAKFAST
Poached Eggs on Anchovy Toast°
Grilled Tomatoes
Buttered Toast
Coffee

LUNCH
Raw Vegetables and Mayonnaise
Spaghetti with Ham and Herbs°
Italian Bread
Lemon-Orange Ice°

DINNER
Sorrel Soup°
Roasted Corn-on-the-Cob°
Charcoal-broiled Fish°
Green Salad
Blueberry Tart°

POACHED EGGS ON ANCHOVY TOAST WITH GRILLED TOMATOES

1 2-ounce can flat anchovy fillets, cut into small pieces
4 tablespoons sweet butter, at room temperature
6 slices bread, toasted
6 tomatoes, cut in half
butter
salt and freshly ground pepper
2 tablespoons chopped parsley or basil
12 eggs
buttered toast

Mash anchovies very thoroughly into the butter. Spread each slice of toast generously with the an- chovy butter.

Put water in a large skillet to a depth of about 3 inches and start heating it.

Place tomatoes in a low baking dish and dot surface with butter, salt, and pepper to taste, and sprinkle with parsley or basil. Broil for 5-10 minutes, or until they are brown and bubbly on top, but still firm enough to hold their shape.

While the tomatoes are broiling, poach eggs, a few at a time, in the simmering water. When eggs are done, keep them warm in a bowl of warm water. When the tomatoes are done, turn off the broiler and put the anchovy toast in the hot oven to warm.

Have six plates ready. Remove the eggs gently from the water and put them on paper towels to drain. Arrange 2 tomato halves and a slice of anchovy toast on each plate. Place 2 poached eggs on each piece of toast and serve im- mediately. Serve plenty of plain buttered toast to mop up the de- licious juices. Serves 6.

You can make dessert for this meal a day or more ahead, if you wish. It takes just a few minutes to assemble, but you must be there to stir it in the freezer once every hour or so until it crystallizes. It will then keep for many days un- attended.

Fix the ham and herb sauce about half an hour before you in- tend to eat, or earlier in the day, if you prefer. Wash and slice an assortment of raw vegetables and arrange them attractively on a large platter around a bowl of homemade mayonnaise or some sour cream mixed with a little horseradish.

Before sitting down to lunch, set the vegetable platter in the center of the table and put the spaghetti into boiling water. You can eat the vegetables as an ap- petizer while the spaghetti is cook- ing, and with the spaghetti as well. It's a good way to make sure that everyone is at the table at the right time, since this extremely simple pasta dish should be tossed just before serving and served im- mediately.

SPAGHETTI WITH HAM AND HERBS

¾ cup olive oil
4 ounces salty ham, Canadian bacon, or prosciutto, coarsely chopped
2 cloves garlic, minced
½ cup parsley, chopped
2 teaspoons fresh marjoram, chopped or ½ teaspoon dried marjoram
6-8 leaves fresh basil, chopped, or 1 teaspoon fresh thyme leaves, or ¼ teaspoon dried thyme
1½ pounds spaghetti or other pasta
salt and freshly ground pepper

Heat the oil in a frying pan and add ham, bacon, or prosciutto, and garlic and sauté gently, without browning, for 4-5 minutes. Add all the herbs, stir them well into the oil, sauté them very gently for 2-3 minutes more and then turn off the heat. Let the herbs steep in the oil while the spaghetti is cook- ing.

Cook the spaghetti until it is just done. Drain and put it in a hot serving dish and pour the sauce over the spaghetti, toss thor- oughly, and serve immediately. Pass salt and pepper.

Serves 8 as a first course, 6 as a main course.

LEMON-ORANGE ICE

1½ cups water
½ cup sugar
½ cup fresh lemon juice (about 3 lemons)
½ cup fresh orange juice (about 2 oranges)
3 tablespoons grated lemon rind mixed with 2 tablespoons sugar

In a small saucepan combine water and sugar and bring mixture to the boil and boil for 5 minutes. Allow mixture to cool. In a small bowl, preferably a metal bowl for faster freezing, mix lemon juice, orange juice, and the sugar water and stir well. Place bowl in freezer for about 1 hour. When ice begins to form, stir mixture and break up the frozen portions into fine crys- tals with a fork or potato masher; continue to do this every hour or so, until ice has completely crystal- lized. Freezing time, depending on your freezer, will be about 4 hours. Once the ice has crystal- lized, it will keep in the freezer without further attention for many days.

If you wish, sprinkle lemon rind- sugar on top of the tart ice. Serves 6 generously.

There's no need to heat up the kitchen for this hot summer din- ner. Make the soup a day in ad- vance or in the cool morning (but don't freeze it—the potatoes will be soggy.) The crust for the tart can be made a day or two ahead and filled several hours before serving. Don't forget to make the crème fraîche at least a day before you serve this tart; it's a perfect combination. Wash the salad greens, wrap them in a towel and put them in the refrigerator sev- eral hours in advance. About an hour before serving time, you can get the fish and corn ready for cooking, light the fire, put the soup on a gentle heat and have plenty of time for a relaxed drink before dinner.

SORREL SOUP

8-10 scallions, including green tops, sliced
2 tablespoons butter
1 large potato, peeled and diced
2 cups fresh sorrel leaves, washed and cut in thin strips, or 1 large bunch watercress, washed and coarsely chopped, plus extra chopped sorrel or watercress leaves for garnish
8 cups chicken broth
salt and freshly ground pepper

In a large pot sauté scallions in butter until soft, but not brown, add the potato, sorrel, and using more butter if necessary, toss until the potatoes are well coated with butter and the sorrel leaves have wilted. Add the broth and simmer mixture for about 15-20 minutes until the potatoes are cooked through but still firm. (If you are using watercress instead of sorrel, add it after the potatoes are cooked, and simmer soup for 5-10

Continued on next page

continued from preceding page

minutes more.) Season soup to taste with salt and pepper. Before serving, toss in a few chopped sorrel or watercress leaves for a touch of bright green. Serves 6.

ROASTED CORN-ON-THE-COB

1 or 2 ears corn, husked
[illegible]
water
butter
salt

Before cooking the fish, place each ear of corn on a square of heavy-duty foil, sprinkle the corn with a little water, add a piece of butter and some salt and fold the foil to make a package that is leakproof. Place the package on top of hot charcoals for about 10-15 minutes. Remove the corn from the coals, but do not unwrap until serving time.

CHARCOAL-BROILED FISH

6 small, whole fish 1-1½ pounds each) washed, cleaned, and heads removed or 6 fish steaks, about ¾-inch thick
vegetable oil
lemon wedges

Dry fish well and rub oil into all the exposed surfaces. Put the fish in a heavy wire hamburger turner and cook it over a hot charcoal fire for 7 or 8 minutes on each side, until the skin is brown and crisp and the flesh is cooked through.

A total cooking time of 15 minutes is usually enough, but you can stick a knife or fork through to the bone to make sure the fish is tender all the way through. Be careful not to overcook the fish or it will be dry. Serve with lemon wedges. Serves 6.

BLUEBERRY TART

½ cup butter, room temperature
½ cup cream cheese, room temperature
1 cup flour
about ¼ cup honey
2 tablespoons water
4 cups blueberries, washed and stemmed (or raspberries)
½ cup crème fraîche

In a bowl mash the butter and cream cheese together. Blend the flour in with your fingers and form the dough into a ball. Chill pastry for about 1 hour. Preheat oven to 375°.

Roll dough out on a well-floured board and press it into an 8-inch flan ring or pie plate, or individual tart pans. Prick the bottom of the crust several times with a fork and put the pan on the middle shelf of the oven. After 5 minutes, prick the shell again to keep it from bubbling up from the bottom of the pan. Remove crust from oven when it is lightly browned—15-20 minutes. Cool shell while preparing filling.

In a small saucepan put honey, water, and 1 cup berries and over medium heat bring mixture to a boil, turn heat down and cook, stirring frequently, for about 10 minutes, or until a slightly syrupy jam forms. Let the cooked fruit cool for a few minutes, and add remaining fruit. Taste mixture for sweetness and add more honey, if you wish. Pour fruit into the shell and top each piece with a dollop of crème fraîche when you serve it. Serves 6.

CRÈME FRAÎCHE

1 cup heavy sweet cream, preferably unsterilized
1 teaspoon buttermilk

Pour the cream into a jar and stir in buttermilk, cover and let stand at room temperature for 24 hours, or until cream has thickened. Refrigerate. Try, if possible, to get unsterilized cream, as sterilized cream will take several days for it to thicken. Crème fraîche will keep for several weeks in the refrigerator.

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Summer soups

continued from page 77

PLUM POTAGE

Suave and exhilarating, a lovely dessert soup.

2 pounds purple plums, washed, stemmed, cut in half, pitted and quartered
2 cups water
2 tablespoons orange juice, fresh or frozen
½ cup sugar, plus extra to taste
pinch of salt
a few grindings of nutmeg
1 large egg, beaten until light and foamy
crème fraîche, or whipped heavy sweet cream
thin slivers orange peel

In a 2-quart saucepan add plums, water, orange juice, sugar, salt, and nutmeg. Bring mixture to the boil, lower flame and simmer 20-30 minutes, until plums are soft. Cool. Purée mixture in the blender, or press through a sieve. Add egg and blend mixture thoroughly. Taste to correct sugar, and chill soup several hours. Serve from a large tureen, accompanied by a bowl of crème fraîche or heavy cream. Garnish with orange peel. About 6 servings.

Crème fraîche, or French cream, may be prepared by adding 1 teaspoon buttermilk to 1 cup liquid just to the point of lukewarm. Pour the cream into a glass jar, place the lid on top, but don't close tightly. Permit the cream to stand 5-6 hours at room temperature, then stir and place in refrigerator until ready to use.

COLD FRESH TOMATO SOUP

6 ripe red tomatoes, skinned, cut in half, and squeezed to remove seeds, chopped coarsely
1 small onion, finely chopped
1 shallot, finely minced
a few small fresh basil leaves, finely chopped or ¼ teaspoon dried basil
salt and freshly ground pepper
1 teaspoon sugar
½ cup dry vermouth or dry white wine, optional
thin slices of unpeeled cucumber
sour cream
fresh chives or dill, chopped
homemade biscuits

Place tomatoes in top of double boiler or in a saucepan over a pan of simmering water. Add onion, shallot, basil, salt and pepper, and sugar. Cover and steam over gently simmering water 15 minutes. Pour mixture into the blender and purée, or pass through a sieve. Add vermouth or wine and taste to correct seasoning. Chill soup several hours in the refrigerator. Serve in stemmed glasses. Place a slice of cucumber over the rim of the glasses and add 1 tablespoon sour cream sprinkled with chives or dill. Pass a platter of homemade biscuits. Serves about 6.

WALNUT SOUP

Start a chilly day with this one and your spirits will lift.

6 cups rich beef stock or canned bouillon
2 tablespoons butter
2 tablespoons flour
1½ cups finely ground walnuts, plus halves for garnish
½ teaspoon salt
a few grindings of fresh black pepper
½ teaspoon Worcestershire sauce
a dash or 2 Tabasco sauce
fresh bread

Add stock or bouillon to a saucepan and bring to the boil; remove from heat. In a large saucepan melt butter and stir in flour with a wooden spoon or wire whisk until a smooth paste is formed. Continue to stir and pour in the hot stock or bouillon, a little at a time. A wire whisk helps blend to a smooth consistency. Add ground walnuts, salt, pepper, Worcestershire, and Tabasco and simmer for 30 minutes. Serve hot, garnished with walnut halves and accompanied by a good, fresh bread. Serves about 6.



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Fabulous summer food

Food to make for family and friends, as pretty as summer itself, from a cantaloupe sherbet to a tomato soufflé with a basil sauce

CANTALOUPE SHERBET

2 cups cantaloupe, diced
¼ cup honey
1 envelope unflavored gelatin
juice of 1 lemon
1½ cups heavy cream, whipped
¼ cup curaçao

In a bowl combine melon and honey and mash well. Marinate for at least 3 hours. Drain off ⅓ cup of juice and combine with gelatin until softened, and dissolve over boiling water. Return gelatin mixture to melon/honey mixture and mash with lemon juice. Freeze until mushy. Remove from freezer and fold in whipped cream, adding a few drops of curaçao at a time. Pour mixture into a 1-quart mold and freeze until firm. Serve in chilled silver goblets and garnish with biscuits or grated coconut. If you wish, serve sherbet in melon boat and garnish with mint leaves and violets or melon balls. About 1 quart.

ORANGE MOUSSE

2 ounces sweet butter
8½ ounces fine granulated sugar
4 whole oranges
peel of 1 lemon, not grated
3 eggs
1 envelope gelatin dissolved in ½ cup cold water
7 ounces heavy cream, whipped
2-3 tablespoons apricot jam for decoration

Butter the inside of a cake mold or ring mold, about 1½-inches deep and 8-inches in diameter, with ½ the butter. Sprinkle 3½ ounces sugar on the buttered surface. Slice 2 oranges very thin and place them around the mold, and sprinkle orange surfaces with 3½ ounces more sugar and freeze.

Over a pan of simmering water, place a bowl and add the juice of 2 oranges, lemon peel, eggs, remaining butter and sugar. Beat mixture slowly with a whisk until it is smooth. Remove from heat and strain mixture through a piece of cheesecloth or a Chinese strainer. Add gelatin to mixture. Cool mixture, but do not have it cold. Add cream using a spatula and work it into mixture very slowly.

Remove mold from freezer and add mousse. Freeze for about 4 hours, or until it has set. Run a long sharp knife around the sides of the mold and dip bottom in hot water for a few seconds before unmolding. Brush surface with slightly warm jam using a pastry brush. Serves 8.

CASSIS MOUSSE

8 egg yolks
1½ teaspoons gelatin dissolved in ½ cup cold water
5 ounces black currant jam mixed with 2 ounces water
7 ounces cream, whipped
7 egg whites, whipped stiff
12 lady fingers

In a bowl mix yolks and add gelatin mixture. In a heavy pan bring currant jam to a boil; remove from heat and slowly add egg yolk-gelatin mixture. Return mixture to the boil. Remove from heat and allow to cool. Add cream and egg whites to cooled mixture.

Line the bottom and sides of a 10-inch ring mold with the jam mixture. Top the bottom and sides of the mixture with a layer of lady fingers and repeat process finishing with a layer of the jam mixture. Refrigerate until set. Remove ring from mold and serve. Serves 8-10.

FINGER LUNCH ON THE BEACH

from Suzanne Taylor

CHICKEN SEBASTIANO

4 whole small broilers, game hens, or 2 larger broilers, split
½ cup olive oil
½ cup lemon juice
2 cloves garlic, minced
1 teaspoon chopped dried tarragon, or 1 tablespoon fresh
1 teaspoon oregano
salt and pepper to taste

Preheat oven to 350°. Brush skin of chickens with oil and place in a roasting pan.

In a small bowl mix remaining oil, lemon juice, garlic, tarragon, oregano, and salt and pepper to taste. Bake chickens for about 1 hour, basting frequently with oil and lemon mixture. To keep chicken moist baste about every 10-15 minutes. Serves 4.

HONEY-FRENCH BREAD

1 envelope granulated yeast
⅓ cup water, lukewarm
2 cups milk
2 tablespoons butter
2 tablespoons honey
1 heaping tablespoon salt
5-6 cups flour
1 egg and 1 tablespoon cream mixed together

In a cup mix yeast into water and dissolve. In a saucepan heat milk until warm and add butter, honey, and salt. When butter is melted remove from fire and let cool. Add the yeast-water mixture and gradually the flour, stirring first, then kneading until dough is smooth and does not stick to the hands. Place dough in a greased bowl, cover with a cloth, and let rise in a warm place for 2 hours or until doubled in bulk. Preheat oven to 350°. Punch dough down again, and let rise 40 minutes more. Knead again slightly and divide into pieces that will roll into 2-3 long slim loaves. Cut diagonal slashes in the top, let rise again slightly, brush with milk, and bake about 40 minutes. Ten minutes before bread is done, brush tops with egg and cream mixture, which will give them a nice glaze.

A pie tin filled with water and set on the lower shelf of oven while loaves bake improves the crust. 2-3 loaves bread.

CORNISH PASTIES

Pastry
2 cups flour
½ teaspoon salt
½ cup sweet butter, chilled
¼ cup lard, chilled
4-5 tablespoons ice water, or enough to hold pastry together
Filling
¾ pound raw steak, finely diced, or ground beef
¾ cup raw potato, finely diced
¾ cup onion, finely chopped
1 tablespoon parsley, chopped
salt and pepper to taste
Assembling Pasties
pastry
filling
1 beaten egg
cream

In a bowl sift flour and salt and cut in butter and lard, rubbing mixture lightly until it is the consistency of meal. Sprinkle with ice water, just enough to form dough, roll into a ball, flatten slightly, chill before using.

In a bowl mix meat, potato, onion, parsley, and salt and pepper and set aside.

Roll pastry out on a floured surface ⅛-inch thick, cut into rounds 5-inches in diameter. Place 2 tablespoons filling on each round and dot with butter. Moisten the edges of the dough and fold over the filling to form a small half-moon pillow shape. Press he edges well together and cr with a fork. Cut 1 or 2 small ho on top of pasties, and brush over with beaten egg.

Preheat oven to 350°. Ba pasties for ½ hour, reduce to 3 and bake another ½ hour. Al 15 minutes before pasties re done, pour a little cream into slits on top. About 8 pasties.

BLUEBERRY RASPBERRY GALETTE *(Continued)*

Filling
2 cups fresh blueberries
¼ cup sugar mixed with 1 teaspo cinnamon
¼ cup butter, melted
2 cups fresh raspberries
whipped cream, optional

Preheat oven to 425°. Place bl berries in galette and sprinkle wi sugar/cinnamon mixture and mel ed butter. Place in oven and af 12 minutes reduce heat to 3 and bake 10 more minutes, or un blueberries are slightly soft. Co Decorate with a double row o raspberries around outer edge galette, and a small circle in t center. Serve with whipped crea if desired. Serves 8.

PECAN PIE *(Continued)*

Filling
1¼ cups tightly packed dark brown sugar
⅛ pound sweet butter at room temperature
4 extra large grade AA eggs, well mixed
1 cup dark Karo syrup
1 tablespoon pure vanilla
¼ teaspoon salt
3 cups light color pecans, diced
2-3 cups mammoth light color pecan halves
Topping
1 pint heavy cream, whipped wi 2 tablespoons dark brown sug

In a bowl cream brown sugar a butter together and add eg Karo syrup, vanilla and salt a mix thoroughly. Place diced p cans on the bottom of piecrust a cover with half the liquid mixtu Place pecan halves in a circle co ering the entire top of the p Pour remaining liquid over the t of the pecans. Bake in a 350° ov for 1¾ hours or until a knife inse ed into the middle comes c clean. Serve the whipped cream the side. If not serving pie wh warm, refrigerate and before se

heat in a 325° oven for 15 min-
. Serves 8-10.

PINEAPPLE MOUSSE

from Nadine Korman of La Mousse

t
ups Nabisco graham cracker
umbs
p granulated sugar
p crushed pistachio nuts
und melted sweet butter
bowl combine crumbs, sugar,
, and butter. Press mixture on
bottom and sides of a 10-inch
ng-form pan. Chill.
ng
ge package lemon jello
ps boiling water
ns, 1 pound 4 ounces each,
ole canned pineapple chunks,
ced, drained, reserve juice,
out 1½ cups
nces cream cheese
t sour cream
p powdered sugar
ps heavy cream, whipped
ith 4 tablespoons powdered
gar and 1 teaspoon vanilla
olve jello in water and add re-
ed pineapple juice. Cool and
e in the refrigerator for about
ur or until jelled. Place ½ the
d mixture into a blender with
e cheese, ¼ pint sour cream,
½ cup powdered sugar. Mix
well blended and repeat with
other half of the ingredients.
igerate the mixture while you
p cream. Fold whipped cream
pineapple juice mixture. Fold
neapple. Pour into crust and
.
ping
t heavy cream
lespoons powdered sugar
lted pistachio nuts for garnish
p cream in a chilled bowl with
r. Place cream in a pastry bag
pipe it around the edges of
mousse. Place nuts on each
ped cream puff. Serves 12.

OLD CUCUMBER SOUP

ipes from a cookbook soon to published by The Junior gue of the Palm Beaches.)
ps cut-up cucumbers, peeled
d seeded
p chicken stock
p celery leaves
p chives
p parsley
lespoons butter
lespoons flour
p cream
nd pepper to taste
dill or lemon rind
blender container add cucum-
stock, celery, chives, and
ley and blend until smooth.
e a roux with butter and flour
saucepan and add the con-
s of the blender. Cook mixture
inutes and remove from heat and add cream. Chill. Taste mixture for seasoning and garnish with dill or lemon rind. Serves 4.

ARTICHOKE STUFFED WITH SHRIMP SALAD

2 pounds cooked shrimp, shelled, chilled, and cut into bite-sized pieces
2 small shallots or scallions, minced
2 tablespoons whole capers
1 small clove garlic, crushed
½ cup fresh parsley
salt and ground pepper to taste
Dressing
6 tablespoons olive oil
2 tablespoons wine vinegar
¼ teaspoon dry mustard
1 tablespoon lemon juice
½ teaspoon freshly ground black pepper
1 teaspoon tarragon
Assembling dish
shrimp
dressing
4 cold cooked artichokes
tomato slices
hard-boiled eggs

Place shrimp in a large bowl and add shallots or scallions, capers, garlic, parsley, salt and pepper and blend thoroughly.

In a bowl mix oil, vinegar, mustard, lemon juice, pepper and tarragon. Pour dressing over shrimp mixture and mix well. Stuff shrimp salad into artichokes and garnish with tomato slices and hard cooked eggs. Serves 4.

HERBED PITA BREAD

6-8 small pita bread rounds, split in half lengthwise, again crosswise, making 4 semicircles
6 tablespoons butter, softened
Beau Monde seasoning

Spread each piece of pita bread with butter and sprinkle top with seasoning. Bread can be wrapped in foil and frozen.

When ready to serve, preheat oven to 350°, place bread slices on a rack and bake for 5-10 minutes or until brown. Serves 4.

PINEAPPLE-LIME SHERBET

1 cup boiling water
3 ounces lime jello
¾ cup sugar
juice and rind of 2 large lemons
8½ ounces crushed pineapple
¾ quart milk

In a bowl pour boiling water over the jello and sugar. Stir mixture well. Add lemon juice and rind, pineapple, and milk and freeze in a 2-quart container. When mixture is frozen solid, beat thoroughly or use a blender. refreeze. Serves 12.

RICE SALAD *(Continued)*

Toss 5½ cups cooked rice with 5 ears of fresh cooked corn kernels, ½ cup pimientos, chopped, ⅓ cup fennel leaves, cut, zest of 1 large frozen lemon, chopped, and ⅔ cup vinaigrette. Gradually add additional ⅓ cup vinaigrette until salad is moist enough. Season with salt and pepper and decorate with nasturtium flowers. Arrange salad about ½ hour before serving. Do not refrigerate (except for leftovers). Serves 6-8.

CHICKEN CURRY

from Judith Garden

4 chicken breasts, boneless
2 tablespoons flour
garlic salt to taste
freshly ground black pepper
2 tablespoons butter, more if necessary
3 bay leaves
2 garlic cloves
Curry Sauce
3 ounces butter
2 large onions, chopped
3 tablespoons curry powder
2 tablespoons flour
½ cup chicken broth
1 cup cream
½ cup milk
condiments: sliced tomatoes; green onions, minced; banana chips; chutney; peanuts, chopped; fresh dill, chopped; radishes

Dip chicken breasts in a mixture of flour, garlic salt, pepper until well coated. In a large skillet melt butter until bubbling, not brown, add bay leaves and garlic and brown chicken on all sides until golden brown. Add more butter if necessary. Set chicken aside and keep warm.

Curry Sauce

Melt butter in a skillet and over a moderate flame sauté onions until golden-colored but not brown. With the flat side of a large spoon rub in curry powder and flour and stir until you have a smooth paste. Gradually add chicken broth, cream, and milk; mix well stirring until sauce thickens.

Assembling Dish
sautéed chicken, cut into large pieces
sauce
condiments

Add chicken to the sauce and simmer mixture for 10 minutes on a low flame. Serve hot with a selection of condiments.

SORREL SOUP

from Wendy Steavenson

2 tablespoons butter
6 scallions, finely chopped
3 generous handfuls young sorrel
salt and pepper to taste
2 tablespoons flour
3¾ pints boiling fresh chicken stock
2 egg yolks
1¼ cups heavy cream

In a heavy pan bring butter to foaming stage, add scallions and cook until soft but not brown. Add

(Continued on page 130)

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The tequila boom

Rising fast in popularity, the easy-to-mix spirit with an intriguing natural taste of its own



by Philip S. Brow

Savants still argue, as is their wont, about whether or not the native inhabitants of Mexico were drinking distilled spirits when Cortez arrived in the early 16th century. It is certain the Aztecs knew about fermentation and consumed some sort of pulque, for fermentation is a natural process, which occurs whenever the conditions are right, with or without the helping hand of man. However, the art of distillation is considerably more complex, and may or may not have been among the several accomplishments of the Aztecs. If it was not, you may be sure that the Spaniards soon showed them the way, and as a result we have *tequila*, one of the world's most delightful spirits.

During U.S. prohibition, Americans who visited Mexico regaled their stay-at-home brethren with stories of a strong, fiery, potent libation. Not too long after repeal, certain reforms were instituted in Mexico, including a sort of *appellation controlée*, which provided that anything called tequila had to be made in an area near the town of Tequila in the State of Jalisco. Similar spirits made elsewhere are known generally as *mezcal*. Distillation processes were refined to yield a smoother, more uniform product.

Tequila is made from a plant of the agave family, somewhat similar to what we know as the Century Plant, so named because it takes a long time to burst into bloom. In tequila country, high and dry and sunny, the plants need eight to ten years to develop to the point of flowering. They are carefully watched and selected shoots are removed for new plantings. Just before it sends up that towering flower stalk there is a tremendous rush of juices to the heart of the plant—known as the *cabeza* or *piña*. This is the time when the harvesters, armed with the sharp cutting tools known as *coas*, move in and remove all leaves and shoots, and disengage the *cabeza* from the rest of the plant. From these large hearts—weighing from 40 to 200 pounds—the tequila is made. The hearts are loaded onto burros or, if a road exists, onto small trucks, and are transported to the distillery. There they are baked in huge ovens, about a hundred at a time, at fairly low temperature, until brown and soft. After cooling a little they are crushed and shredded to extract every bit of the sweet juice, known as *aguamiel* (honey water). A little must (the fermenting juice which is removed and chilled to halt fermentation, and which acts as a "starter" for the next batch—the same process used to hasten fermentation in many wines and spirits) is added from a previous fermentation, and the juice is allowed to ferment in large tanks for about seventy-two hours, and finally it is ready to be distilled. The distillation is done in small pot stills, rather like those used in the manufacture of cognac—about 300 gallons each. After one or two trips through the still, the tequila emerges as a rather low proof. If the bottled product is to be white tequila, it is reduced to 80 percent proof with distilled water and bottled immediately. If a golden tequila is to be the ultimate result, it is aged in oak barrels for a year or more; the aging period varies from one producer to another. A few may be aged for longer periods.

Between 1972 and 1973, sales of tequila grew 70 percent, the largest growth rate of any distilled spirit in the U.S., and it is continuing to gain in popularity.

So, what do you do with it? The answer to that is, almost anything. I keep a bottle in the freezer, and like to drink it straight and cold, as the Scandinavians drink their akvavit, with or without a chaser of beer. It may be used in just about any mixed drink, and with most satisfactory results. The traditional Mexican way is with salt and lime. The area between the base of the thumb and the forefinger is moistened slightly, then sprinkled with salt, a wedge of fresh lime is held between the thumb and forefinger. A shot glass of cold tequila is in the other hand. From here the order varies. Some aficionados lick the salt, put back the tequila, and bite into the lime. Others start with the lime, then the salt, and finally the tequila, and still others begin with tequila, finish with salt and lime. Whatever the order, it is good and refreshing. In Mexico, some tequila comes with a little bag of coarse salt ti to the neck of the bottle in case emergencies.

Serious students of cockta think that the introduction of t Margarita a few years ago tri gered the current interest in t quila. It is the first new cocktail many years to have captured t affection of great numbers of pe ple.

Before getting into tequi recipes, let me give a few wor of advice about drink mixin Most important, have everythi cold, cold, cold, including the ic Ice taken directly from the freez at zero temperature, not only pr duces more cold but does not me down as it does so. The dri should be stirred quickly with t cold ice and strained off as soon it is well chilled and mixed. Hav the tequila cold, too, for the sam reasons, and chill the glasses i which you will pour the drink. sugar is an ingredient, it is well t make a batch of simple syru (bring a cup of sugar and ½ cup water to the boil, let cook for a fe minutes, cool and bottle). The rea son is that sugar does not dissolv well in alcohol, and will settle out whereas the syrup will be incorpo rated into the drink. If you don have simple syrup at hand, dissolv the sugar in whatever fruit juice i component before you start mixin the drink. If there is no fruit juice dissolve the sugar in a bit of wate or club soda. But do make simpl syrup; it will keep all but foreve in the refrigerator.

MARGARITA

2 ounces tequila
1 tablespoon Cointrèau or Triple
juice of ½ lime
salt

Prepare cocktail glasses by moistening the rims with a cut piece of lime, then spinning lightly in a plate of salt to frost. Refrigerate them until you are ready to pour. Put plenty of ice in a bar glass, and for each cocktail add the ingredients listed above. Stir quickly until well chilled, then strain into the prepared glasses. Float a very thin slice of lime on top of the drink if you like the idea.

A Tequini or Tequilatini is simply a Martini made with tequila and vermouth. Experiment until you find the proportions you like best. My preference is about 4 to 1.

TEQUINI

2 ounces tequila
½ ounce dry vermouth
lemon twist

Stir tequila and vermouth in a bar glass with ice cubes; strain into a chilled cocktail glass and garnish with a twist of lemon. If you're addicted to Martinis on the rocks, serve the Tequini the same way.

A great favorite during prohibition was the Tequila Sunrise. There were a number of versions all of which were as pretty to gaze upon as they were to drink.

TEQUILA SUNRISE

2 ounces tequila
4 ounces orange juice
1 tablespoon grenadine

Pour tequila and orange juice into a tall glass over ice cubes and stir. Add grenadine and allow to settle to the bottom of the glass. Just as the drink is served, give it a gentle stir to diffuse the grenadine.

Another recipe for Sunrise:

2 ounces tequila
1 tablespoon grenadine
juice and peel of ½ lime
½ teaspoon crème de cassis
club soda

The first four ingredients are poured into a highball glass ove ice; the glass is then filled with chilled club soda and the drink stirred very briefly.

TEQUILA MANHATTAN

2 ounces tequila
½ ounce sweet vermouth
dash of bitters

Stir tequila, vermouth, and bitters in a bar glass with ice cubes. Strain into a chilled cocktail glass, and serve. A very small piece of lime dropped into the glass makes a good garnish, but if you must have a cherry, by all means do so. Leave it out of mine, please. A rather forgotten favorite of old-

Continued on page 139

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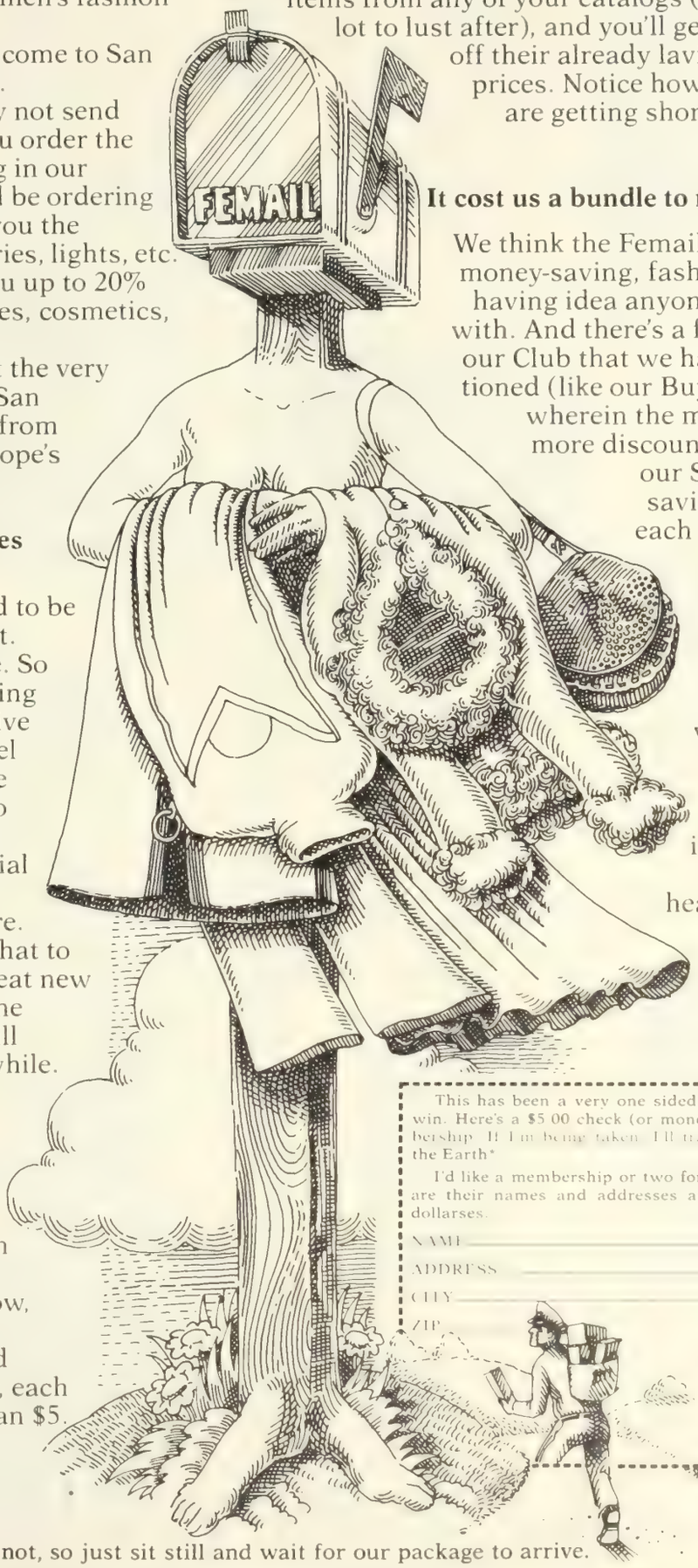
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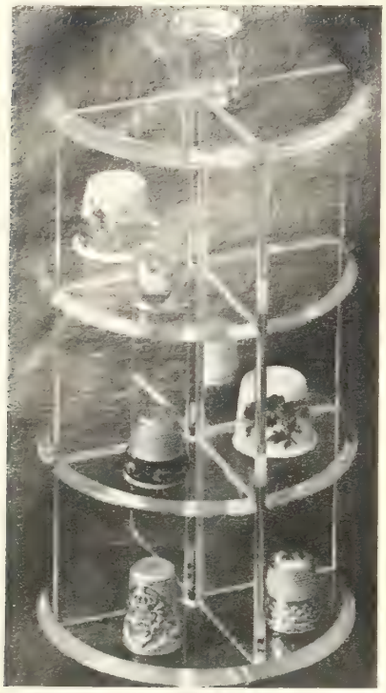
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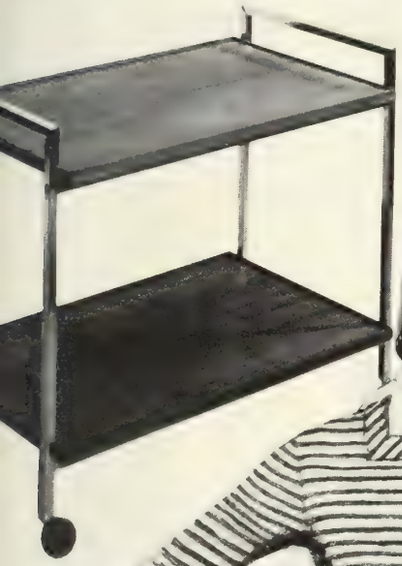
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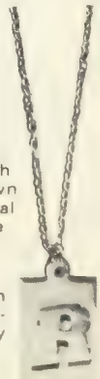
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Our beloved ankle-length cotton flannel granny gown from Lanz has pretty eyelet ruffles at neck, yoke and cuffs. Beguiling ribbon print in blue/red on white. Sizes XS, S, M, L. $15.00. Add $1.50 for postage

Send for our new free color catalog

[illegible]

Duxbury, Lenox, Mass., Avon, Hamden, Conn.

SHOPPING AROUND



ART DECO DAZZLER

Diamond-like brilliance of the marquise shape set off by the bewitching black of simulated onyx. Exciting finger fashion in setting of sterling silver. Ring sizes 5, 6, 7, 8. $8.98 plus 35¢ post. Lillian Vernon, Dept. G8E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



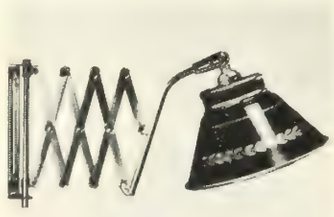
BILLS, BILLS

The inflow of bills seems less of a burden when organized in a bill jar of clear glass with sense-of-humor design in eight colors. Or use it for candies, pretzels. 9" by 5". $6.95 plus $1.25 post. Nina-Joan Designs, Dept. BJ-2, 130 Carthage Rd., Scarsdale, NY 10583.



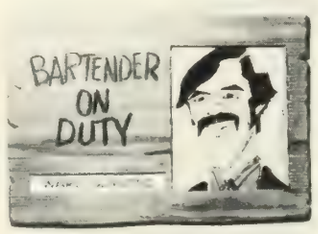
MEISSEN ONION DESIGN

Traditional pattern now in a permanent press polyester and cotton ruffled curtain. 36", $9 a pr.; 45", $10; 54", $11; 63", $12; 72", $13. Tiebacks incl. Blue, green or gold. Twin bedspread, $27; full, $29. Add $1.75 post. Old Colony Curtains, G58AE, Box 759, Westfield, NJ 07090.



BRIGHT ON

Students, home-sewers and bedtime bookworms sing the praises of the old fashioned tin tole-type lamp with its scissor extension in brass plate. 9" shade in old gold, red, black, olive, ivory. Extends 30" from wall, swivels 180°. $21.50 ppd. Yield House, Dept. G58W, No. Conway, NH 03860.



BARTENDER IDENTITY

The house bartender caricatured from a photo you send to Bruce Bolind with hair and eye color and your favorite mixologist's name for a 12" by 16" plaque and 6" by 8" caricature. Print name; picture returned with the plaque. $15 ppd. Bruce Bolind, HG8, Boulder, CO 80302.



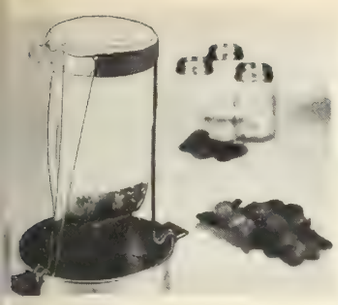
LITHE LISA

Versatile style, soft linings, 1½" heels. AAAA 5-12, 13; AAA 7-12; AA 5-12, 13; B 3-12, 13; C 4-12; D 4½-12; EE 5½-10. In black, white, green, brown, bone, grey and blue with red strap. Free catalogue. $20.99 ppd. Hill Brothers, Dept. 940, 241 Crescent St., Waltham, MA 02154.

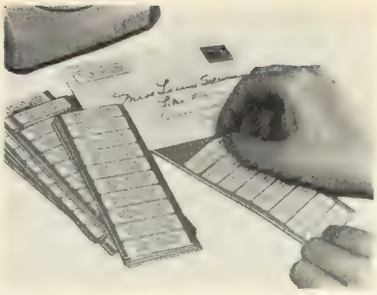


BOSOM BUDDY

Stash your cash just like grandma, in this dandy money cache. Snap it to your straps and relax. Plastic lining and fold-over flap keep contents safe and dry. Order #141. $2.98 plus 20c post. Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.



Strainz-all Jell Aid
n summer's bounty of fruits into purest, clearest jells ever. Strainz-eliminates much of the fuss and ss. Imagine raspberry and straw-ry jells without a single seed! The high tin-coated stand holds the slin strainer bag. Extra bags are ets of three.
5-6—Jell Aid ***$3.39***
6-6—Extra Bags .... ***1 set, $3.19***



Deluxe Self-Stick Address Labels
Your name and address are in sharp black on your choice of gold, silver or white labels. Just peel the ½x1¾" labels from the backing sheet and press into place. *Print plainly, up to four lines, 26 letters and spaces per line; state color choice.*
RF380-6—Pack of 225, ***1 pk., $3.50***
RF381-6—Pack of 450, ***1 pk., $5.50***
RF382-6—Pack of 1000, ***1 pk., $10.50***



Hand-Held Dental Floss Stik
Sanitary way to clean gums and remove plaque from teeth. Plastic Stik is 5¾" long, provides firm control of floss and easy access to all teeth. Comes with 40 yards of floss, uses only 4" per application.
0746-6-Waxed Floss Stik ***$1.98***
0748-6-Waxed Refill (40 yards), ***79c***
0781-6-Unwaxed Floss Stik .. ***$1.98***
0784-6-Unwaxed Refill (40 yds.), ***79c***



Hip Slimmer
Specially designed for those of us who like to look and feel trim, but hate the idea of "hard-work" exercise! Hip Slimmer lets you pedal away the pounds and inches while you relax on your back. Sturdy metal frame is attached to a vinyl mat so you can use it anywhere, folds to 1½x20x27". Look and feel great!
0770-6—Hip Slimmer ***$7.98***

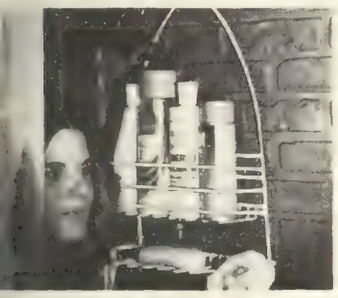
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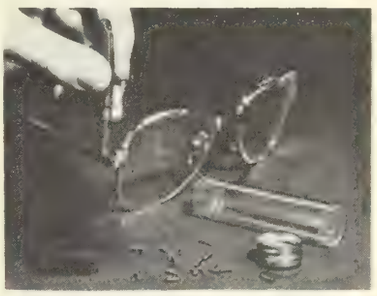
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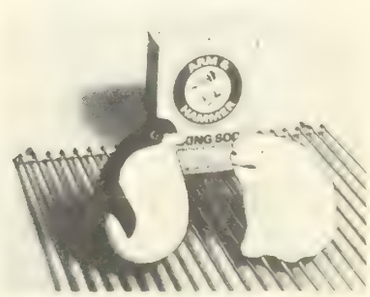
ayline King-Sized Shower Caddy
per-sized to hold all your shower-g and bathing needs within reach every family member. Caddy ngs on shower head, holds soap, ampoo, creme rinse, deodorant, ower cap, washcloth, bath brush, d more. White cushion-coated eel frame is 4" deep, 11¼" wide, ½" high, rustproof, easy to clean.
58-6—Shower Caddy ***$4.98***



Pocket Eyeglass Repair Kit
Those tiny hinge screws on eyeglasses often come loose. With this pocket kit you can tighten screws and replace lost ones, ending a multitude of costly little trips to the optician. Kit has a 1/16" screwdriver and supply of screws to fit most all glasses. Corrects little problems before they turn into major ones.
1078-6—Repair Kit ***$2.19***



Blood Pressure Gauge
Check your blood pressure accurately at home. Precision instrument comes with aneroid dial for registering readings, arm cuff, inflating bulb with screw valve to control inflation and deflation of arm cuff, case, and instructions. You'll need the stethoscope to take readings.
0787-6—Pressure Gauge ... ***$22.95***
0792-6—Stethoscope ***$5.49***



Refrigerator Fresheners
Keep your refrigerator as fresh as a May morning! Just fill one of these holders with baking soda and tuck it in a corner. Food odors will be absorbed and the air inside the refrigerator will stay clean and pure. Durable plastic holders come in your choice of designs, average 4½" tall.
7260-6—Penguin ***$1.19***
7261-6—Polar Bear ***$1.19***



Revolving Shoe Rack
at, convenient way to store all ur shoes in one easy-to-reach ace. Revolving circular shoe rack lds 18 pairs of shoes on steel rings. select a pair, simply twirl rack ound. It's 24" high, 15" across, ounted on marproof nylon casters at roll easily. A must for the well-od, fashion-conscious couple.
263-6—Shoe Rack ***$14.19***



Decorator Planter-Pole
Create hanging plant arrangements anywhere with this unique adjustable planter-pole. It's an expandable metal pole that fits ceilings up to 8' 4" high, and comes with four swiveling 8" arms that can be positioned at any height, swivel 180° for ease in arranging plants.
XL055-6—Chrome Pole ***$10.89***
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A [illegible] herbs, a spicy [illegible] on earthenware plant pots! Small enough for a windowsill, charming all-in-a-row whether growing herbs or your pet houseplants. Pots are 3" across, 3" high, each has saucer and drainage hole with removable plug. Richly speckled glaze in ass't. herb designs. Set of 4. Gift-boxed.

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Lilly's Garden Dept. G89

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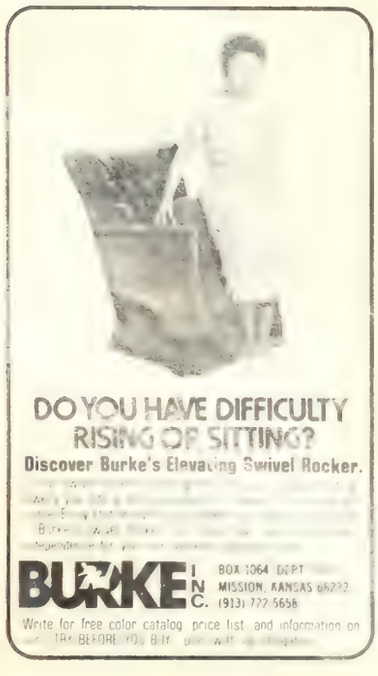
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CHOICE DECOR!

(Finished or Unfinished!)

37" high and handsome! This handcrafted lamp is yours *fully finished* or sanded satin-smooth ready to decorate. It's perfect to create an accent color—to antique, decoupage, or stain a wood tone. Beautifully proportioned of native hardwood, this stately lamp is fully wired with a 3-way switch and an 8-ft. cord. Comes with brass harp and finial. *Specify Shades* in White Shantung or Beige Shantung; Oyster Burlap or Natural Burlap. Satisfaction guaranteed!

$18.50 ea.* Unfinished



$25.50* each FINISHED in walnut, colonial maple, or in antiqued barn red, olive, mustard, or Wedgwood blue. **(Add $2.00 postage; West of Rockies add $2.75 per lamp.)*

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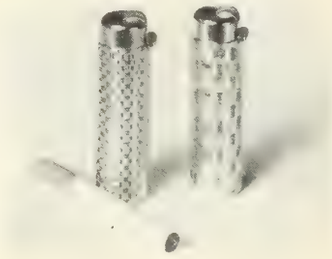
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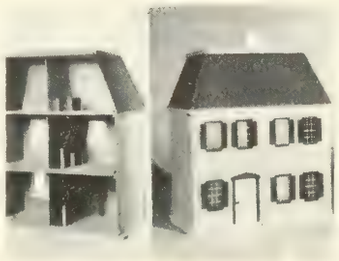


SHOPPING AROUND



FASHIONABLE LIGHT

An elegant gold-electroplated lighter to grace your coffee table and perform efficiently. Wide or narrow Basket-weave design, stands 3" h., has replaceable butane insert. (State left or right.) $6 plus 50c post. Helen Ainson, Ltd., HG8, 38 E. Putnam Ave., Greenwich, CT 06830.



COLLECTORS' FIND

All wood dollhouse with three floors, six rooms, doors, felt-covered stairs. Complete unit comes in parts, assembles with removable wood pegs. Scale 1" to 1'. 24" w. by 13½" d. by 28" h. Exterior is painted, back is open. $69.95 ppd. The Krebs, HG8, Westerly, RI 02891.



EYESIGHT SAVER

Do you find the eyes of needles growing smaller? Needle threader consists of a plastic funnel into which the needle is dropped, spindle to transfer thread to needle, blade to cut thread. $1.29 plus 20c post. Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.



SKIN TONER KIT

Home plan is designed to help reduce any flabby spots and to revitalize skin. Mitt used to massage and buff; gel concentrate to lubricate massaging; skin smoothing creme; guidebook. $9.95 plus $1 post. Parisian Slimmers System, Dept. LG/Y, Box 7338, Van Nuys, CA 91409.



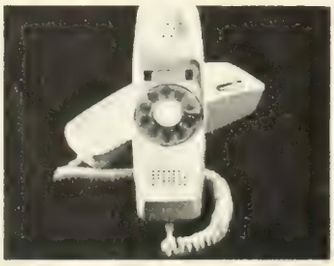
AUTHENTIC COPY

Limited-edition tea caddy to mark 1773 Boston party. Brown and orange painting on Gorham fine white Bavarian china. Use for tea leaves, brandy, other liquors. About 6½" d. by 3½" w. $17.73 plus $1 post. Hildegarde's, HG8, 597 Farmington Ave., Hartford, CT 06105.



A TIGER BY THE FOOT!

Hilarious slipper socks bring out the tiger in even the meekest lamb. Stretch-to-fit socks in orange and black orlon, complete with white felt claw designs! Genuine leather heels and soles. $3.98 plus 25c post. Holiday Gifts, Dept. 308-H, Wheat Ridge, CO 80033.



HIDDEN DIAL HANDSET

Trim style decorator phone. Wall-hung or sit flat (specify). Ready to use complete with bell, dial, plug, cord. White, blue, beige, red or green. $39.88 plus $1.50 post. Add $2.50 w. of Miss. Free catalogue. The Great Phone Co., HG8, 5404 Northfield Rd., Cleveland, OH 44137.

TWO PURPOSE BEAUTY



Not only is the Egyptian beauty plant a handsome grower, juice from its leaves soothes burns, especially sunburn. Plant grows up to two feet tall with red spiky blossoms. Water once a week. $2 each; three, $5 plus 25c post. Roberta's, Dept. BHE-1, Box 630, Shelbyville, IN 46176.

TEE TIME



Handsome Swiss pocket watch is emblazoned with golf scenes on both sides of hunting case. In antique yellow or pewter color metal. 17-jewel incablock movement. A precision timepiece, gift for fathers or collectors. $65 ppd. JFF International, CI, 12 Dale Rd., Monsey, NY 10952.

LUXURY WRAP



Soft, supple look and feel of genuine suede in wrap and tie skirt, washable cotton-back rayon. A-line style, two shapely pockets. Adjusts to all figures. Beige, rust, dusty blue, dusty pink. Sizes S, M, L. $28 plus $1 post. Vicki Wayne, 610 So. Country Club H8W, Tucson, AZ 85716.

HAND-CARVED REDWOOD



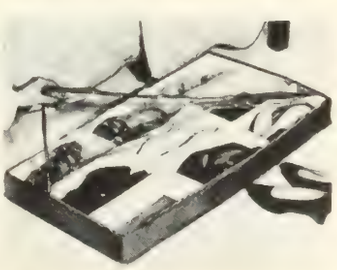
Plaques carved by Evelyn Ackerman have feeling of Indian and Mexican design. A 9″ by 12″ plaque alone, $16.95. As trivet with wrought iron to hold hot plates, $19.95 or planter with wooden box, $29.95. Ppd. Joseph Newell & Co., HG8, 2718 E. 2nd St., Long Beach, CA 90803.

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Aluminum pre-cut and pre-fit glass greenhouse is one of more than 100 offered in free catalogue. It answered all *our* questions about home greenhouses. Shows ready-to-assemble models to fit any budget. J.A. Nearing Co. Inc., Y-8E, Box 348, 10788 Tucker St., Beltsville, MD 20705.

OUT OF THE WAY



Store nine pairs of shoes on the closet floor or under a bed in compartmented holder with see-through top and 3-side zipper. Long-lasting vinyl, 36″ by 18″ by 4″ in gold color. Great for college dormitories. $3.99 ppd. Walter Drake, HG22 Drake Bldg., Colorado Springs, CO 80940.

SPARKLING SPRAY MIST



Crystal chandeliers, sconces and candelabra come bright and clear after a spray shower of silicone mist from an easy-to-handle 7 oz. can. No need to wipe; just let dry naturally. $3.98 plus 60c post. Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.





Tread Lightly, Tread Softly

MARSHMALLOW WEDGIES

Foot relief—at last! These wedges are so soft, pliant, and comfortable, they're called Marshmallows. Treat your feet to a pair. Foam cushion insoles, crepe outer soles, they come in white, sand, teak brown, navy, red, green and yellow. Sizes narrow 5½-12. Medium 4-12. Wide 5-12.

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COLLECTOR'S Plate, Spoon & Tile! The 1975 Christmas design shows Reform Church of Maassluis built on a site that had military value in 1630. Most famous for its organ built by Rudolf Garrels. Heavily bombed in 1943, complete restoration by 1947. Royal Schoonhoven Delft from Holland, Limited Edition.
6½" Plate 14.95 - 5" Spoon 9.95 - 6" Tile 6.95



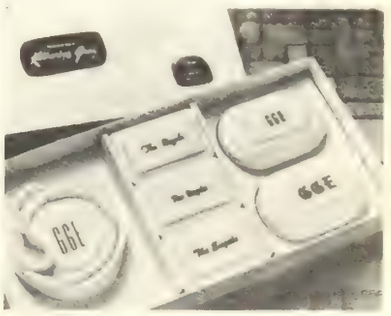
SPOON RACK

DISPLAY your Collection of Spoons! A deftly designed two curved shelf rack is pretty enough to hang alone. Spaced to hold 18 of your precious spoons from demitasse to table size. Made of yester years mellow Pine & hand-rubbed to a satin smooth colonial fruitwood finish. 14 x 13" wide **$8.95 pp.** New 24" wide rack holds 36 spoons. **$13.95 pp.**



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ADD a 'touch' to the bathroom decor! [illegible] Very Personally Yours when custom [illegible] Name in gold Script or your Initials in [illegible] letters. Lasts as long as the soap. The [illegible] French-milled soap with a Lanolin base. A cologne scent favorable to most men & [illegible] box contains 1-shower, 2-bath [illegible] Set 3-hand bars $5.75

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SUPER SPRAYER!



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FANTASTIC LOW PRICE

ONLY $4.98

A precision-made, rugged, heavy-duty sprayer so light that it weighs only 1/15 as much as any liquid you put in it! Until now you either had to lug those big heavy "pump up" gallon sprayers, weighing about 25 pounds when full — or else some dinky little pushsprayer that kept you hopping back to refill every few minutes. (Or, one of those trick hoses you have to pump with **both** arms, while keeping the end in a bucket. What a nuisance!)


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Shoots a stream as far as 20 ft.


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Use Super Sprayer for insecticides, liquid fertilizers, weed killers, on trees and bushes up to 20 ft. Control flies, mosquitoes, reach hanging plants with spray.

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SAVE MONEY, GET SEVERAL!

Keep one full of weedkiller, another for bug killer or liquid fertilizer and a third for general household use, all for less than one heavy, old-fashioned sprayer. Money back if not delighted.

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Please send me_____(ZT) Incredible lightweight Super-tank Sprayer(s) at $4.98 each. Please add 75¢ per sprayer to partially cover postage and handling. If after receiving my order I'm not delighted, I may return it within 10 days and you will refund the full purchase price (except postage and handling).

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VICTORIAN CLOTHES RACK

Cast iron clothes rack is a reproduction from the Victorian era. Features five large swing-away arms. You'll have a place to hang hats, coats, scarves, even umbrellas! For bedroom, kitchen or bathroom. Extends 7½" from the wall; measures 14" wide. $3.98 plus 75c postage.

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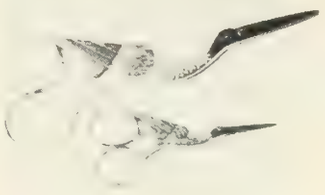


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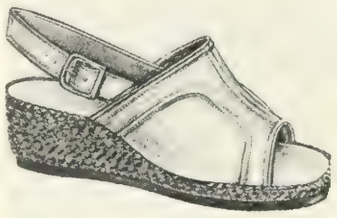
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Mt. Vernon, N.Y. 10550

SHOPPING AROUND



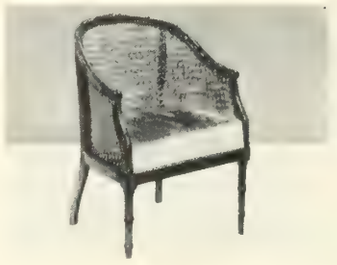
NEEDLEWORKERS' PET

Needleworkers everywhere are loud in praise of the stork scissors made in Solingen, West Germany. The handles are gold-plated and the blades are absolutely tops for the most exacting handwork. 4" size, $8.25; 6½", $14.95 ppd. The Importer, HG8, Box 758, Malvern, PA 19355.



ROPE WEDGE

Open toe and airy strapped heel make "Francy" a delight. Wedge is wrapped in tan rope; insole is cushioned and soles are crepe. Red, navy or brown in 6-12 narrow, 5-12 med. $8.95 sizes up to 10: over 10, $1 extra. Add 90c post. Sofwear Shoes, HG8, 1711 Main, Houston, TX 77002.



FRENCH GRACE NOTE

Faux bamboo and woven cane in a French Directoire style chair. 23" w., 25" d., 33" h. Fruitwood or painted finish on hardwood. $124.35; in your 54" fabric, $120.95. Exp. coll. Catalogue, 50c. Bryan Robeson, Dept. HG-138, Rte. 10, Box 793, Hickory, NC 28601.



MINI WATER PURIFIER

Destroys bacteria and virus on contact. Helps to remove bad taste, odors, sediment. Well tested. Has guarantee of 1000 gals. of pure water. Flow rate about 25 min. per gal. $34.95 ppd. Spectrum International, Inc., Dept. 2A8, 1143 Washington St., Hanover, MA 02339.



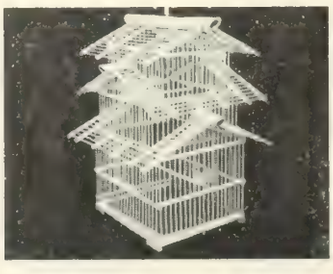
ENERGY SAVER

Tapered tines of a new garden tool will grip the roots of stubborn weeds and creeping grass as a claw hammer pulls nails. Uniquely constructed handle won't loosen. $6.95 ppd. Farm Products Engineering Co., Dept. HGG-1, 5701 W. Adams Blvd., Los Angeles, CA 90016.



STRAP CLIPS

Gold-finished metal lingerie clips keep bra and slip straps secure in handsome fashion. A smart way to be sure that straps won't tumble down when wearing a low cut gown. Set of two, $1.69 plus 20c post. Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.



BAMBOO ARTISTRY

Beautifully designed bird cage has three stories, reminiscent of Eastern temples. Practical slide-out tray makes cleaning easy. Natural color. 24" high by 15" by 15". $14.95 plus $2 post. Catalogue is 25c. Fran's Basket House, HG8, Route 10, Succasunna, NJ 07876.

SHOPPING AROUND

PATCH FOR ALL SEASONS



A pet photo or drawing in black and white or color is reproduced as a patch on tough polyester. Permanently ironed on to shirts, or whatever. Washable, color fast. 3″ by 4″, $2.45; 3½″ by 5″, $3; 5″ by 7″, $4; 8″ by 10″, $6.45. Ppd. Photo Poster, Dept. X787, 210 E. 23rd St., NY 10010.

YOU'RE WELCOME



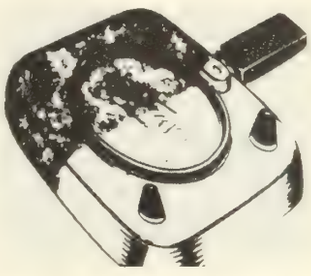
Guests admire charming bamboo styling on a sturdy all-metal luggage rack. Four black nylon straps. Folds to store. 23″ h. by 17½″ w. by 22½″ l. In Koch brass-plate or modern nickel-plate finish. $54.95 ppd. St. Nicholas Boutiques, HG8, Santa Claus, IN 47579.

TO THE RESCUE



Kit of two scientific sprays to save your carpet. "A" removes pet stains effectively and "B" deodorizes. Safe for all kennel areas and litter boxes. $6.50 plus $1 post.; two $12.99 ppd. American Century, Dept. 106E, 135 So. La Brea, Box 36232, Los Angeles, CA 90036.

POT PRETTIER



Brush-on cleaner for aluminum, chrome, porcelain cookware, ovens, rotisserie and grills. 7 oz. can with brush. Dissolves carbonized grease, encrusted build-up. Does not darken or pit. $2.98 plus 50c post. Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.

PICNIC PRESERVATION



Tightly woven nylon net umbrella keeps flying insects away while picnickers assemble for the feast. Spokes lift umbrella away from the food, but fold up for storage. 12″ by 12″, $2.19; 16″ by 20″, $2.49; 26″ by 44″, $3.69 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.

TIMELY SERIES



One of the Presidential plates much in demand now. In fine American-made china by Pickard, 11½″ dia. Wide forest-green border etched in gold, 23k gold band. Reproduction from an original Harry Truman photograph. $35 ppd. Trein's, HG8, 201 W. 1st, Dixon, IL 61021.

FALL CATALOGUE



The inimitable Johnny Appleseed's look in fine clothes for men and women. The 40 page full color Fall Catalogue is filled with new fashions including footwear, handbags, also gifts for every occasion. Free of charge. Johnny Appleseed's, HG8, Box 708, Beverly, MA 01915.



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Perma Tweez is a simple electrolysis instrument that PERMANENTLY removes ugly hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever in the privacy of your boudoir. Arms and legs can be forever free of the inconvenience of constant hair removal. **An exclusive U.S. patented safety feature allows you to do this without puncturing the skin!**

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MACRAME HANGER

Hand-knotted in Portugal, it's machine-washable rugged Acrilan acrylic in off-white. Weather-resistant to be used outdoors or in the house. 46" l. Holds pot (not included) 7-10" dia. $9.98 plus 50c post. Lilly's Garden, Dept. G8E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



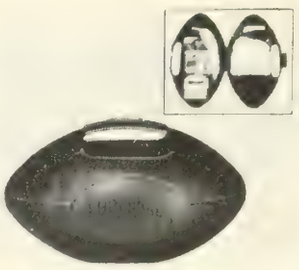
BEADED WOOD

Natural bead an barrel shapes solid wood an bamboo, staine and varnished Bead design cor ceals cord of 4 ply nylon. Bas ⅜" thick. Brown 30" l. Pot no included. $2.98 three $7.98. Ad 50c post. Lilly' Garden, Dept G8E, 510 So. Ful ton Ave., Mt. Ver non, NY 10550



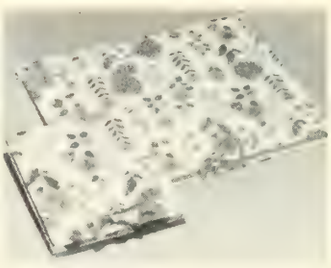
MINIATURE LIBERTY BELL

Beautifully detailed pewter min iature of the original Philadelphia bell which had been cast in Lon don in 1752. 3" copy is complete with yoke and supporting frame work. A bit of history for every American home. $19.95 ppd. Art Guild Ent., HG8, P.O. Box 23201, Minneapolis, MN 55423.



LUNCH LURE

Whatever you pack gains extra interest when it's carried in a football-shaped lunch pail. Plastic, in "pigskin" brown with a compartmentalized interior/and snap closure. Weighs 9 ozs. Great for game outings. $4.49 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



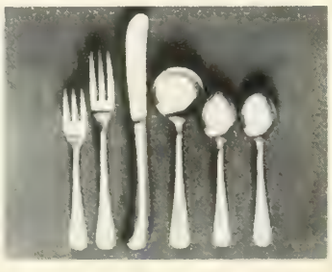
AT YOUR SERVICE

Placemats are always flat and ready when you keep them in a press. Strong board folder in pastel floral, ribbon tie, 20" x 14" x 2". Holds 24. For mats, $6.95 plus 75c post.; for napkins, $3.95 plus 50c post.; both $11.95 ppd. Elizabeth McCaffrey, HG8, Northport, NY 11768.



REEL-Y HANDY

This very practical key holder does away with fumbling and groping. Reel clips inside purse: unreels keys, automatically rewinds into case. Clip to your bag, pocket or belt. $2.98 plus 20c post. Order from Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.



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Authentic copies of pistol-grip pattern used in Colonial days. Elegant flatware in luxurious satin-finish stainless steel. Hollow-handle knives, 3-tined forks. The 50-piece service for 8, $22.95 plus $2 post. Crown-Castle, Dept. PGS-179, 51 Bank St., Stamford, CT 06901.

TENNIS FASHIONS



Amusing pillows show attire of chic players circa 1900. Flip colorful pillow over, get rear view of player. Predominately red and green. Specify man, woman. 19" by 25". Cotton. Three weeks delivery. $13; two $25. Add $1.75 post. éclat, HG8, Box 207, Scarsdale, NY 10583.

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Natural air cooling. Adaptair adjusts angle of blades (on 52" only). 2 speeds. 5 yr. guarantee. 52" fan with adaptair lever $299; without, $259. 36" fan $179. Light Adapter kit $20. F.O.B. Memphis. Free brochure. The Ceiling Fan Gallery, HG8, Indian Neck Lane, Peconic, NY 11958.

GRACEFUL COMFORT



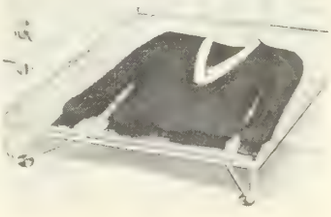
Kiln-dried in mahogany or maple color shaped back and carving, goose neck arms, wire spring seat. Gimp trim on covering. 23" w. by 32" d. by 40" h. In tapestry $110; or send 2 yd. 54" fabric $99. Exp. coll. Catalogue $1. Ephraim Marsh, Dept. 329, Box 266, Concord, NC 28025.

SPANISH TREASURES



"Las Palomas" depicts two love doves in cameo embossing on a dainty thimble that's lavishly "grabado" decorated #3061. A chubby little cherub graces the cute "Angelica" thimble #3060. Both are brass. Each $2.98; two $5.85. Ppd. The Sewing Corner, HG8E, Whitestone, NY 11357.

NET EFFECT



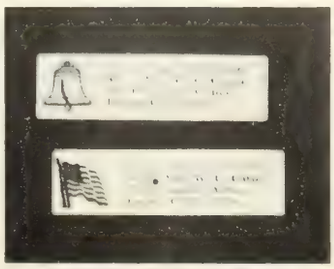
Sweaters dry in a breeze on a fabulous frame that lets air circulate through fine net. 24" x 24"; reinforced corners fit over metal frame that's hinged to fold flat. Ideal for stockings. $4.98 plus 60c post. Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.

GOULIMINE PENDANT

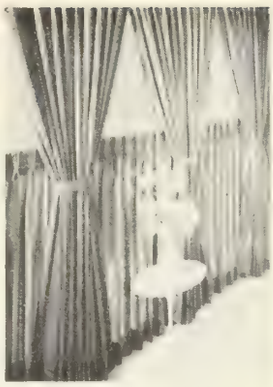


Silvery filigree from Morocco is fashioned into an exquisite pendant with a deep green enamel center. Chain, 25" long; pendant 2⅞" l. Lovely with fall costumes. $4.75 ppd. Shopping International, Inc., 945 Shopping International Bldg., Norwich, VT 05055.

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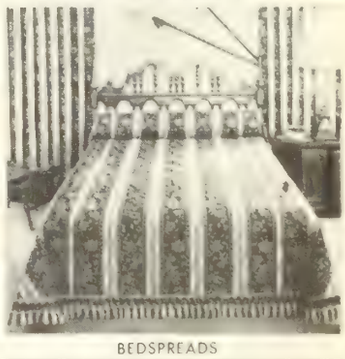
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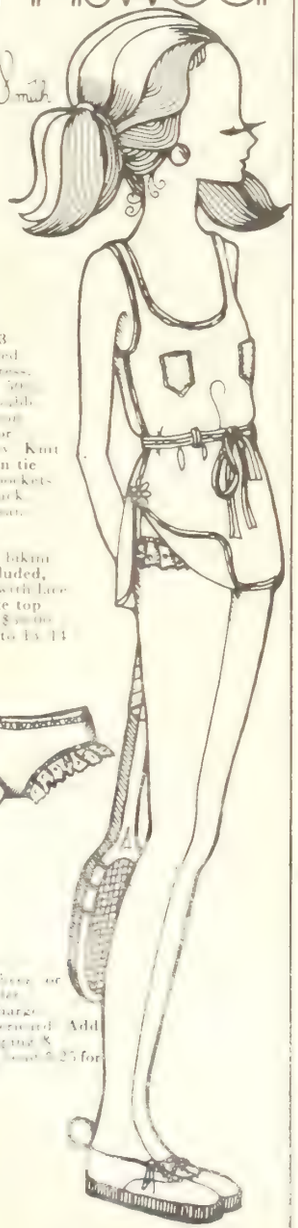
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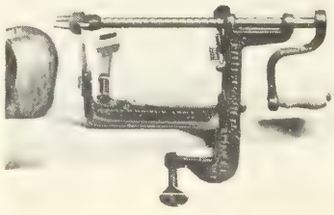
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AUTHENTIC COPY

Old-time way to pare, core and slice apples. Cast-iron parts like original of 100 years ago. Adjust to apple size, cutting head follows contours. Overall length 9⅛". Full instructions $12.95 plus $1.55 post. Artisan Galleries, HG8, 2100 No. Haskell Ave., Dallas, TX 75204.



NAVAJO BEAUTY

Bold Indian symbols reproduced. Woven of cotton yarns. Earthtones on ivory. 3′ by 5′, $34.95; 4′ by 6′, $49.95; 6′ by 9′, $89.95; 9′ by 12′, $169.95; 8′ runner, $44.95; 11′, $54.95. Ppd. Catalogue, $1. Peerless Imported Rugs, GE85, 3028 N. Lincoln Ave., Chicago, IL 60657.



KEYS IN STITCHES

Lollipop flowers, daisies or golf, tennis, bowling, sailing, skiing designs on 2" by 3½" key tags. Stitch initials on the back. Includes canvas, Paterna Persian wool, design chart, needle, chain. $2.25 each, six, $11.95. Add 50c post. Classic Corner, 12H Water St., Bryn Mawr, PA 19010.



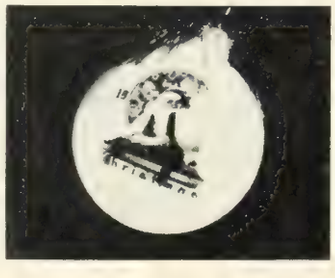
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A trio of buckles make slim sandals adjust perfectly to every foot. Soft leather in black, white, bone. Cushioned insole, crepe wedge. SS and S in sizes 6 to 12; N and M in 9½ to 12. Send regular shoe size. $18 plus $1.25 post. Mooney & Gilbert, HG8, 31 W. 57 St., N.Y., NY 10019.



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Adjustable green plastic visor permits sports enthusiasts who must wear glasses to see everything clearly no matter how bright the sun. Visor eliminates glare and is easy on the eyes. $2.98 plus 25c post. Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.



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Artist Norman Rockwell, creator of covers for the Saturday Evening Post, puts Santa on a 1975 First Limited Edition Christmas ornament 3¼" dia. Boxed. One, $3.50; two, $6.75; three, $10. Add 50c post. Edd the Florist, Inc., Collector's Div., HG8, 823 N. Court, Ottumwa, IA 52501.

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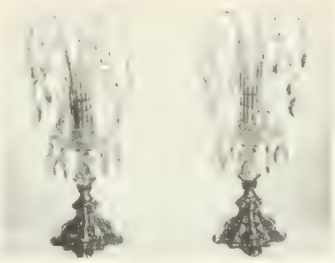
STUFFED PET KITS

Delightful pair for machine or hand sewing. All fabrics, felt, embroidery floss, patterns and detailed directions. Gingham dog 24″ l. $6.95; calico cat 18″ h. $6.95; both $12.95. Add 50c post. Llewellyn Variety House, HG8, 1521 Gumbar St., Marion Oaks, Ocala, FL 32670.



GLEAMING CRYSTAL

Crystal lamp sets with imported hand-cut crystal prisms combined with intricate Rogers gold-plated castings. Cast radiant rays for special lighting effect. 17½″ h., 9″ w. Pair, $39.95. Exp. coll. Catalogue, 25¢. Luigi Crystal, HG8, 7332 Frankford Ave., Philadelphia, PA 19136.



MODERN CLASSICS

Butcher block table on chrome pedestal, tubular chrome chair, cane seat, back in natural, black or walnut finished wood. Table, 36″ dia., $186.50; 42″, $230.; 48″, $264.50; 54″, $370. Side chair, $55.; arm, $65. Exp. coll. J & D Brauner, Inc., HG8, 1331 S. Michigan, Chicago, IL 60605.



SHOULDER CHIC

Printed fabric and leather-like material combine to create a high-fashion shoulder bag 11″ by 10″ by 4″. Two outside pockets plus roomy interior. Natural and brown for every wardrobe. $7.75 plus 80c post. Decor & Gifts Galore, Dept. 382, 140 Monument, Barrington, IL 60010.



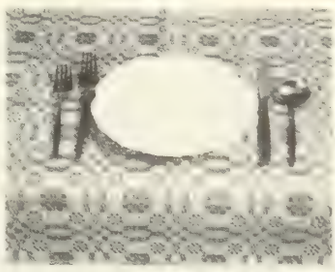
ETERNAL LINK

Bride and groom's coats of arms, linked by helmet and mantle, hand-engraved on a wedding band of 14k gold. 10mm wide. Send drawings for both names or request coat-of-arms research. $155 ppd. Free color catalogue. Heraldica Imports, HG8, 21 W. 46th St., New York, NY 10036.



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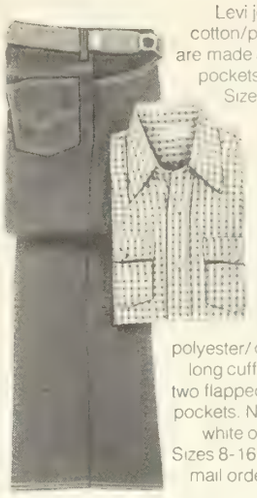


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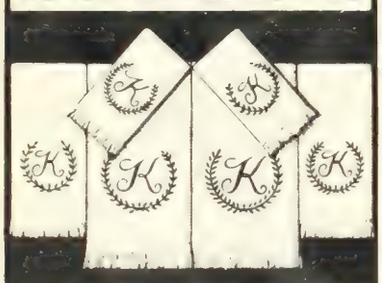


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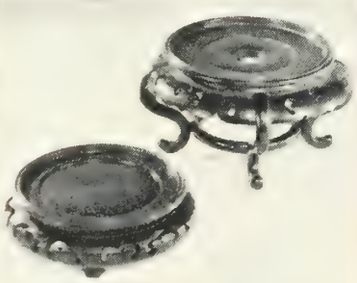
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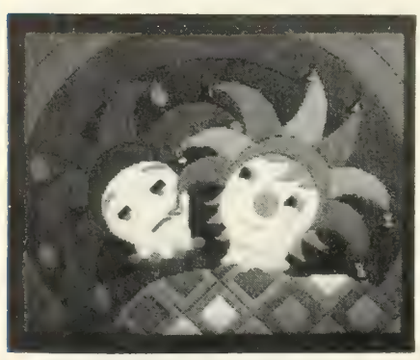
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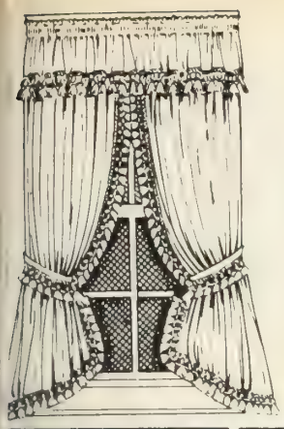
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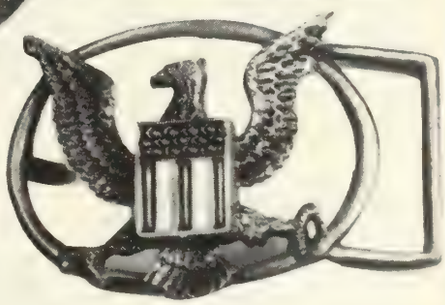
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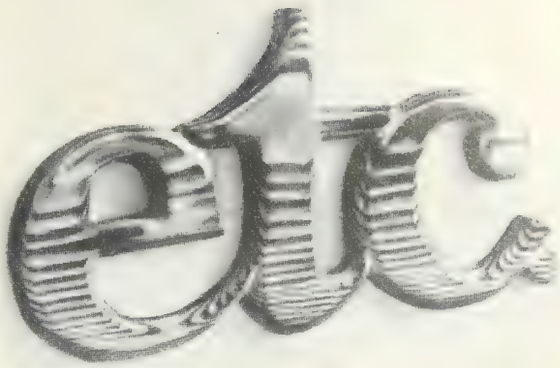
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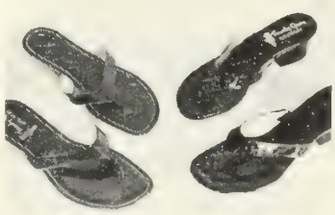
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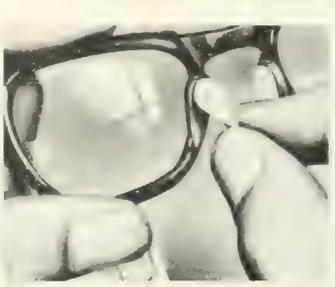
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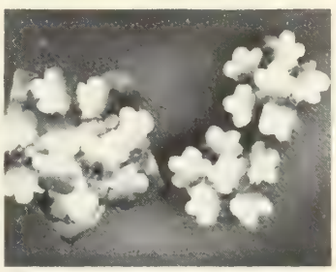
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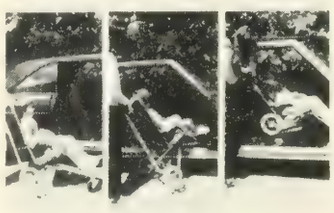
HOUSE CALLS

Everything you need for indoor plants' good care. Rake, spade, shovel, food tablets, reminder sticks, thermometer, insecticides, mist sprayer, vinyl gloves, illustrated booklet. $10.98 ppd. Creative Enterprises, HG8R, 1732 Butler Ave., Los Angeles, CA 90025.



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Wood and metal products handmade with finest materials, workmanship; lamp/mail/sign posts, beams; mail boxes, signs, bird feeders, shutters; painted plaques, lamps. Brass lanterns, brackets, switchplates. Catalogue, $1. Herma, HG8, Kneeland Flats, Waterbury, VT 05676.



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Perfect solution for transporting disabled child. Seated child in chair slides into car, seat belt holds them secure. Retractable wheels, adjustable foot rest, foot brake. Optional: head support, restraint belt, scoliosis pads. Ortho-Kinetics, Inc., HG8, 1225 Pearl St., Waukesha, WI 53186.



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Genuine turquoise! 1" oval stone mounted in sterling "rain drop" setting, handcrafted by Indian artisans. Full, half sizes 5-9, $16 plus 40c post. Earrings, clip back, ½" oval stone $16 plus 40c post. Old Pueblo Traders, 600-H8D-So. Country Club Rd., Tucson, AZ 85716.



ZODIAC RELIEFS

John and Paula Napier have designed and hand-cast a series of bas relief Zodiac signs in natural stone. Each is 7" sq. ready to mount. Specify sign and birth dates in order. $7.95 each plus $1.80 post.; all 12, $90 plus $10. The Patio, HG8, 550 Powell St., San Francisco, CA 94108.



ST-R-ETCH TO FIT

Apply liquid leather stretch to tight-fitting shoes and it makes even suede and patent conform to the foot as you walk. Simple to apply and relief is almost instantaneous. $1.98 plus 25c postage. Order from Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.



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Colorful butterfly plaques for any room. Swivel hangers allow variety of flight directions. Lime, red, white, black, pink, blue, yellow or orange plastic. One 20" by 20" or two 12" by 12" size $12.98 ppd. The Bedroom, 28H, 1037 Laskin Rd., Virginia Beach, VA 23451.



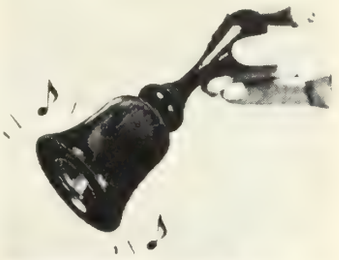
A STEP UP

Better than the average step-stool, Kik-Step rolls at the touch of a toe, yet grips the floor securely when someone stands on it. Silver, blue, white, olive, red, yellow, black, sage, copper-glo $17.95 plus $2 post. A. C. Gifts, HG8, 2642 Central Park Ave., Yonkers, NY 10710.



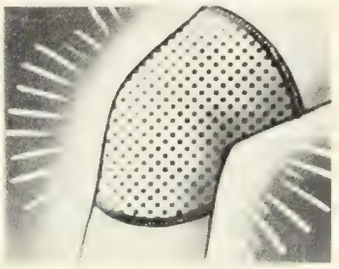
CALL OF THE PAST

Mellow maple finish hardwood hand bell recalls early American days. Its tiny brass clapper gives a tinkling tone to call the youngsters in from play or the family to dinner. Bell stands 6" tall and looks lovely on a hall table. $2.19 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



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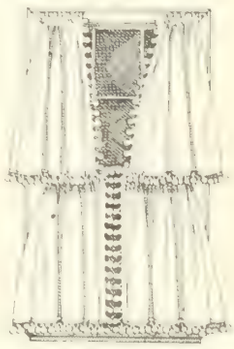
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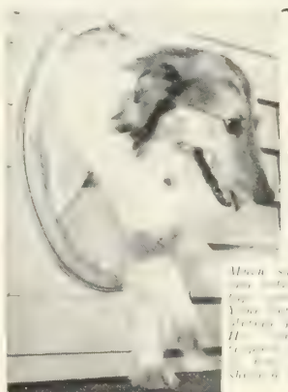
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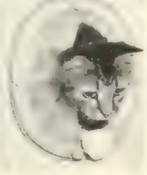


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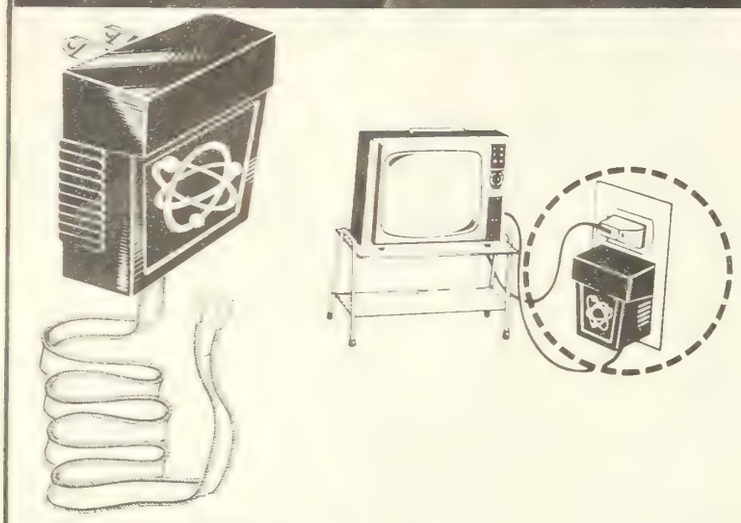
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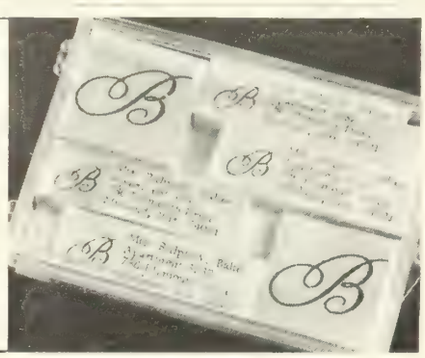
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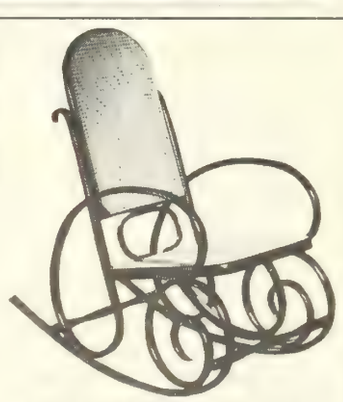
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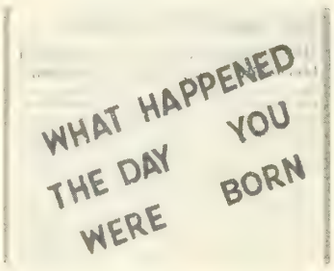
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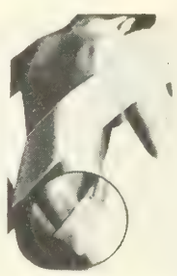
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SHOPPING AROUND

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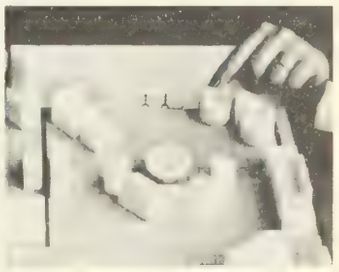
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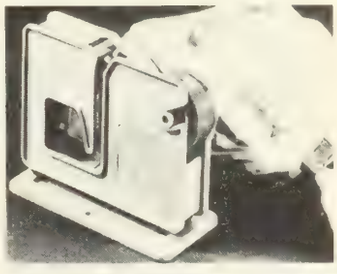
FAMILY STITCHERY

Family crest individually prepared for each name. Kit contains: full color design on #12 canvas, yarn, instructions, tote bag. Needlepoint size: 11" by 14", $49.95; plus $1 post. Write for free catalogue. The Rainaud Family. HG8, Wilmington, VT 05363.



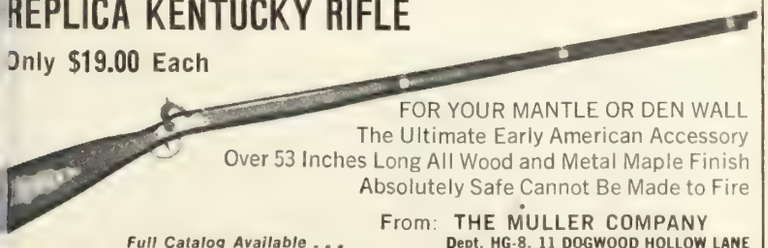
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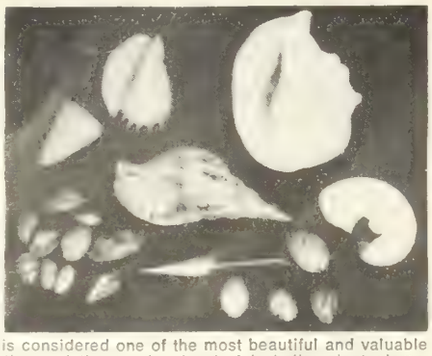
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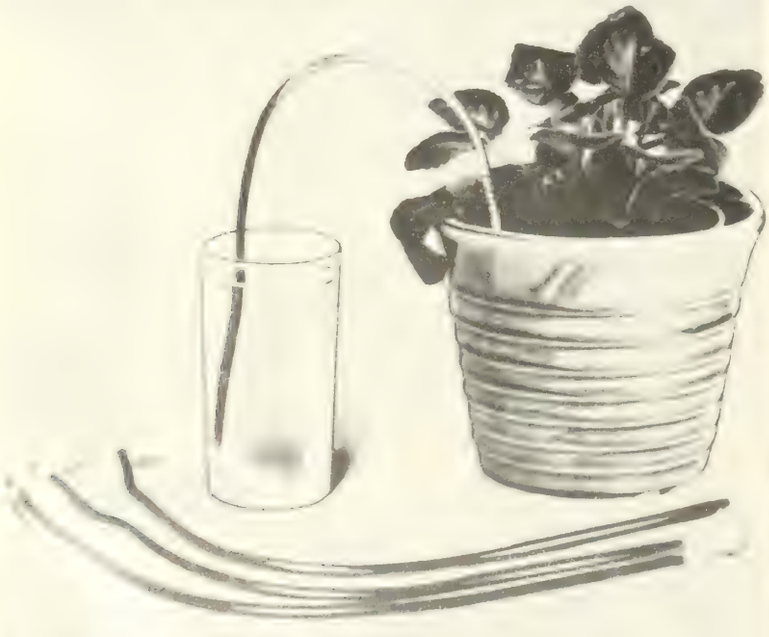
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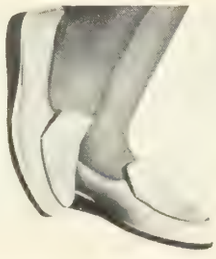
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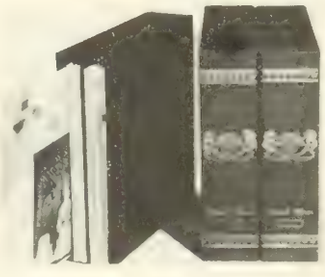
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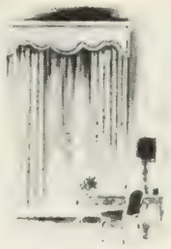
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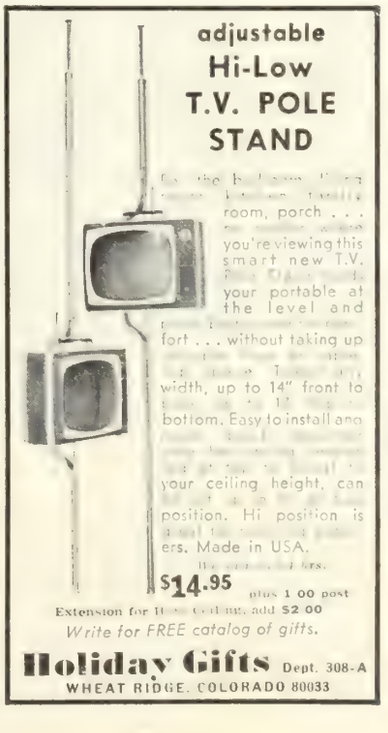
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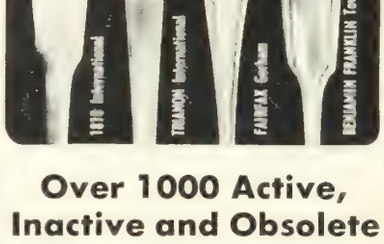
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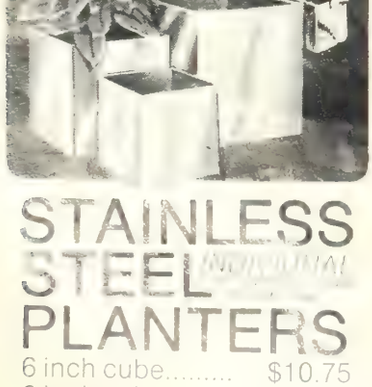


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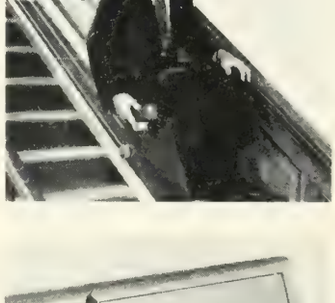
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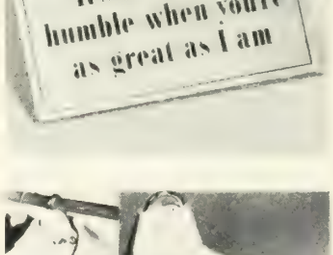
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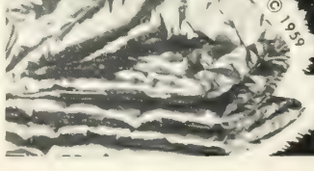
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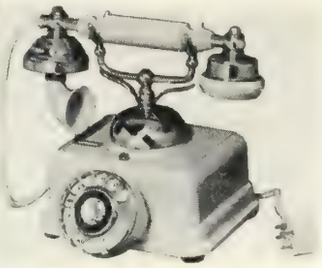
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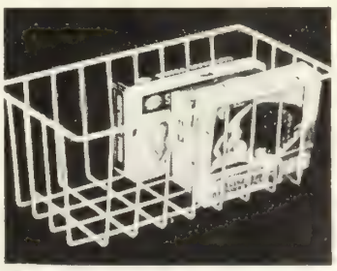
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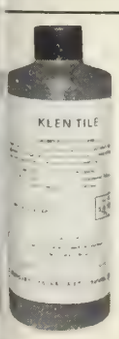
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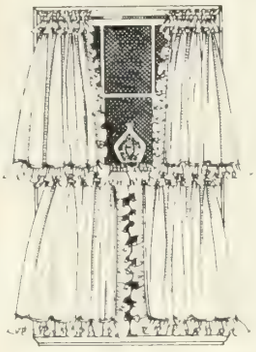
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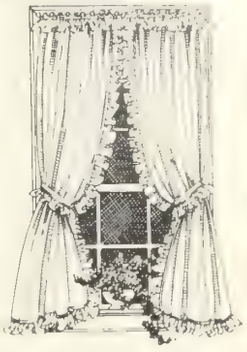


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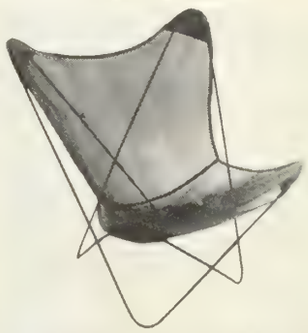
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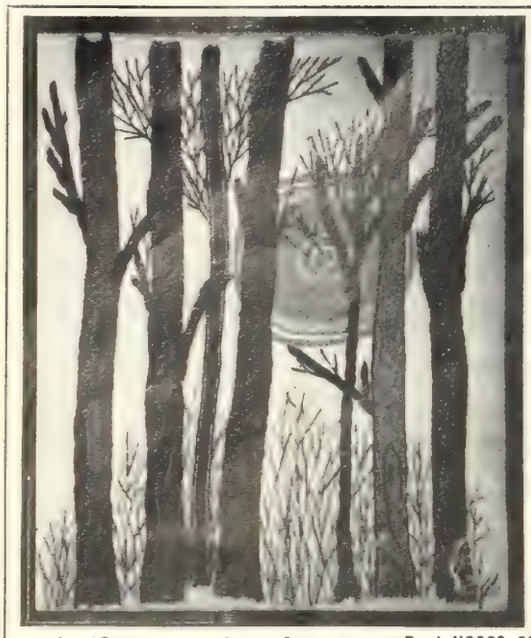
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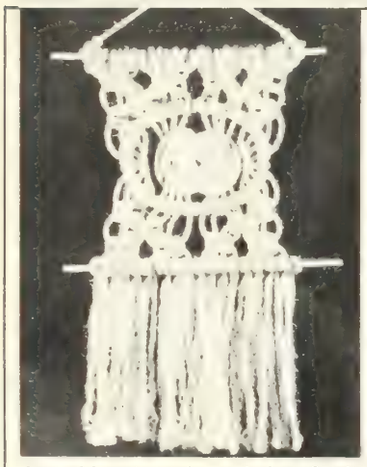
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Ecru pussy cats play among silver grey, pewter and charcoal pussy willows with golden brown stems on dark brown ground for needlepoint cushion or picture. Worked in floss from full size (12"x12") colored graphs. 18" by 18" canvas allows enlargement of background. Graph, canvas, floss, needle, inst. $37.95 ppd. Decorator Needlepoint, HG8, 30 E. 60th St., New York, NY 10022.

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Needlepoint ornaments. Partridge in A Pear Tree, Turtle Dove, French Hen, Calling Bird, Golden Ring, Goose-A-Laying, Swan A-Swimming, Maid A-Milking, Lady Dancing, Lord-A-Leaping, Piper, Drummer. Design on canvas 4" l., bright wool, felt backing, stuffing. $2.95 ea., all 12, $29.95 plus 50c post. per kit. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.

TRAVELING IN STYLE

The chic canine wears a needlepoint coat, moves about in matching tote. Monogrammed fleur de lis or plaid. Brown, blue, green on white. Canvas, Persian yarn. Coat sizes, 10-12, $26; 14-16, $29; Shoulder tote, 11" by 13", washable bone vinyl with zip-off needlepoint pocket, $37.50. Ppd. Coterie Classics Ltd., HG75A, 360 E. 65th St., N.Y., NY 10021.



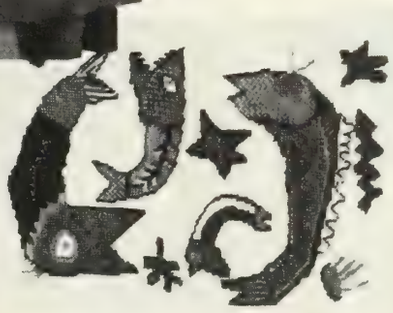


BASKET KIT

Distinctive hexagonal wood planter easy to assemble from kit containing twenty-two pieces of clear pine, 4½′ brass finished chain, four S hooks. Finished model is 6″ h. and 7½″ dia. May be stained or painted. Holds 6″ container (not included). $7.50 ppd. The Green Mountaineer, HG8, R.F.D. 1, Rutland, VT 05701.

SEA FANTASY

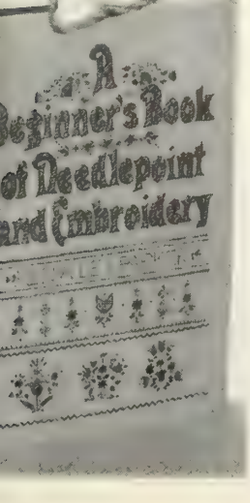
Humor and bright colors make an exciting work of art in needlepoint called "20 Thousand Fathoms". Hand-painted canvas, 11″ by 15½″, paternayan Persian yarn, needles, inst., $25 ppd. Brochure, $1.50. Rambull Custom Design for Needlepoint, HG8, Amesbury Hill, Rockport, ME 04856.





CUNNING CREATURE

Crewel stitchery charming as pillow or picture. Brown mouse, yellow corn, green leaves against white ground. Stamped on cotton fabric, 10″ by 10″. Includes wool and acrylic yarn, embroidery thread, needle, zipper, cording yarn. $5.95 plus 50c post. Color catalogue, 25c. Tower Crafts, HG8, Box 575, Champaign, IL 61820.



THE RIGHT START

Basics of both needlepoint, embroidery in clear text with diagrams and photographs. Includes sections on canvases, fabric backings, needles, yarns, threads, pattern planning and stitches. Also has section on projects. 160 pp. $5.95 plus 30c post. Dodd, Mead & Co., HG8, 79 Madison Ave., New York, NY 10016.

"HUMMEL" Stitchery



Exquisite "Hummel" Stitchery inspired by the enchanting paintings by Sister Berta Hummel which have won the hearts of young and old around the world. Paragon has captured the porcelain-like quality of these apple tree children in crewel through the use of detailed stitches and delicate shading. Each picture comes in kit with linen, yarn and instructions at **$6.00**. 9″ x 12″ oval frame available in gold with brown lip, **$5.50** each. Send for free literature.

All prices Ppd. N. J. residents add 5% sales tax. Sorry, no CODs.

Janet's

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"At The Sign of The Christmas Tree"



This white satin ball [illegible] decorated emerald green tree on each side, gold candles, pearl popcorn garland, stunning braids.

6″ Kit – $10.85 ppd.
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CREWEL HERBS blossom as you stitch. Each kit includes herb design stamped on oyster Belgian linen, wool in true-to-nature colors, needle, and easy instructions. Size 8″ x 8″.

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Chives Kit (shown)	$1.75
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Wood frame (choose maple, red, or green)	$1.25

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PERSONALIZED BAG TO NEEDELPOINT



WE PRINT YOUR INITIALS ON THE MESH of this stunning top quality canvas double compartment, adjustable shoulder bag, with inside zipper pocket. Size 9 x 10½ x 2. Mesh is #12 white mono. Persian wool & stitch/blocking instruction guide included. Camel bag with brown letters, camel background; navy bag, navy letters, red background. Specify bag colors and initials. **$19.95.ppd.** No COD. Send check or MO to: **TONI TOTES OF VERMONT, INC. HG8, So. Londonderry, VT 05155**

Send 25¢ for color brochure of the complete TOTEPOINT collection.

needlepeople:



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$3.95 ea. ppd.; any 3 for $11, 4 for $14



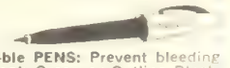
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MESH/STITCH COUNTER®: 20 see-thru peep-holes have grids that match or identify needlepoint canvas and stitchery from 3 to 20 squares per inch, mono and Penelope. Tote this 5″ x 6″ know-it-all to stores, exhibits, classes, clubs.
$2.25 ea. ppd.; 2 for $4, 3 for $5.50



snip closer

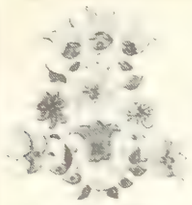
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Top to bottom:

American Eagle in hand cast pewter. #3160. **$5.95** ppd

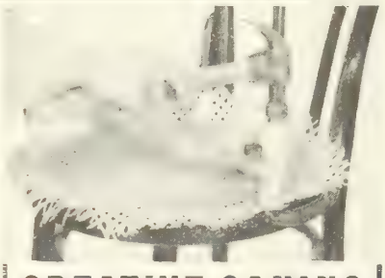
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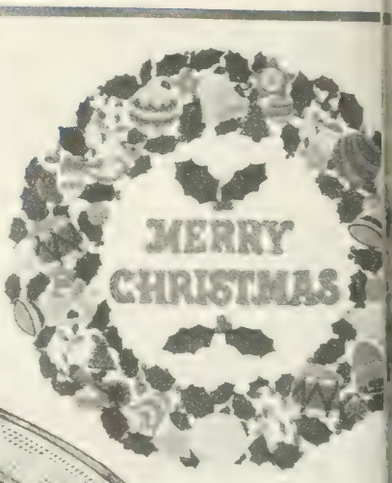
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GREETINGS



Embroider a Christmas wreath that will become a family heirloom. Everything you need for a lovely piece of crewel needle art. Hand-screened 16" design on 22" sq. white polyester fabric, Persian yarn in bright colors, needle, instructions. Kit #1967, $12 ppd. Free brochures. Janet's, HG8, Highway 35, Sea Girt, NJ 08750.



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Needlepoint your own design on a blank canvas-faced unisex belt, welted with soft leather-like vinyl, 1¾" w. Cut the 45" length to fit any waistline then attach pre-cut, pre-punched tongue and bronze-like buckle. Belt out a batch for Christmas. Black, brown, white. $8 ea. two for $15. Ppd. Elly, Box 3898-HG, New Haven, CT 06525.



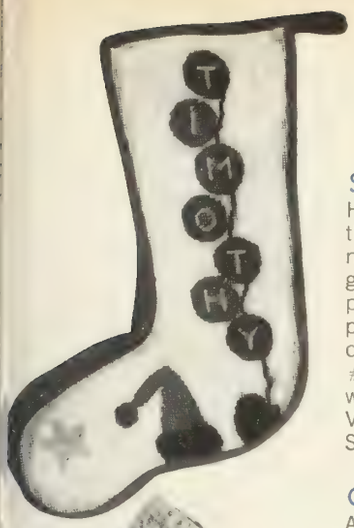
A TIME REMEMBERED

An old fashioned Christmas scene in three dimension with 23 miniatures on snowcovered countryside (silk screened on linen) and mirrored pond. Wood shadow box in red felt, glass-faced, red, silver, white braid trim. 4¾" by 11½" by 4¼" deep. Kit $11.25 plus $1.65 post. The Cracker Box, HG8, River Rd., Point Pleasant, PA 18950.

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Artist's expression of love, "Hands With Flowers," to work in needlepoint. Flowers vivid blues, yellows, greens and white on orange ground. 7" by 9" printed design on 10-mesh canvas 9" by 11", tapestry yarns, needle, instructions. $4.95 plus 45c post. Catalogue 25c. The World of Stitch 'n' Knit, HG85, Box 709, Framingham, MA 01701.



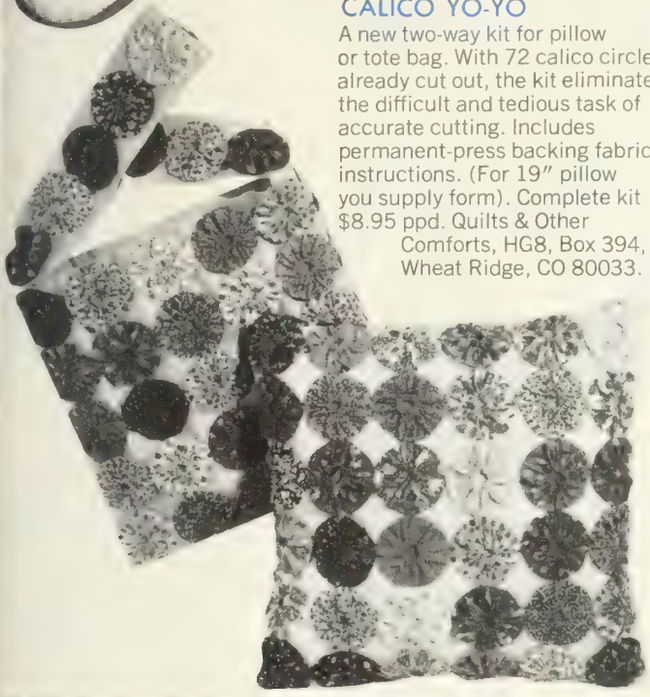


STOCKING PRESENT

His or her very own to hang on the mantel. Work the child's name on the line of balloons gaily floating skyward. Needlepoint front unzips from the pre-finished 18" stocking of canvas backing. Red on white. #12 white mono canvas, Persian wool. $19.95 ppd. Toni Totes of Vermont, Inc., HGE9, Rt. 100, So. Londonderry, VT 05155.

CALICO YO-YO

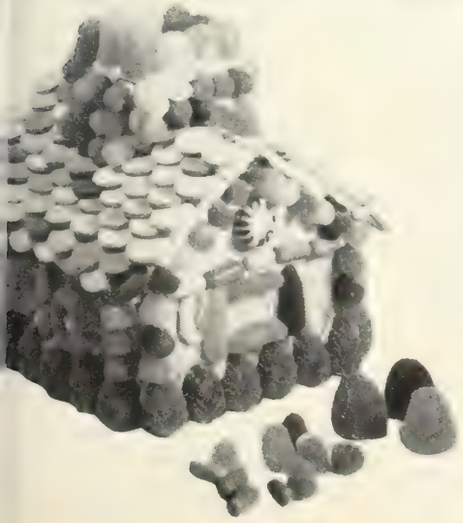
A new two-way kit for pillow or tote bag. With 72 calico circles already cut out, the kit eliminates the difficult and tedious task of accurate cutting. Includes permanent-press backing fabric, instructions. (For 19" pillow you supply form). Complete kit $8.95 ppd. Quilts & Other Comforts, HG8, Box 394, Wheat Ridge, CO 80033.





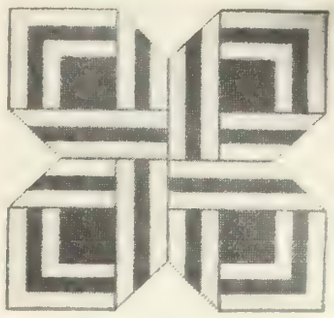
OWL WHIMSEY

The upside-down owl calls forth appropriate caption: "Nobody's Perfect." Needlepoint kit includes hand-painted 12-mesh white interlocking canvas, Persian-type yarn in yellow, brown, greens, white, needle and instructions. Finished size: 10" by 12". $17.95 plus $1 post. The Stitchery, HG8, Wellesley Hills, MA 02181.



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It's fun and easy to build a delectable Hansel and Gretel "dwelling" for holiday decor. Kit for 7½" by 7½" house contains nine different kinds of candy (3 lbs.), cardboard form, tape, illustrated directions, recipe for icing glue ingredients. $13.50 ppd. The Little Candy House, Gum Drop Sq., HG8, Stockbridge, MA 01262.



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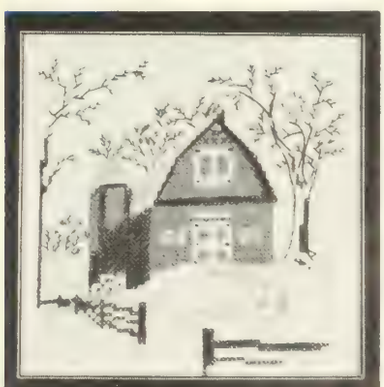
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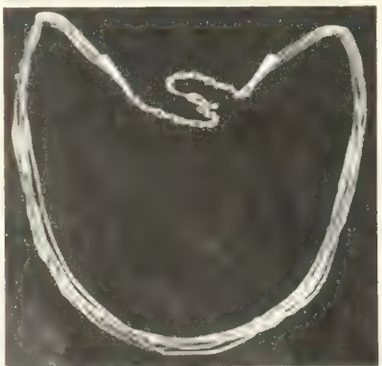
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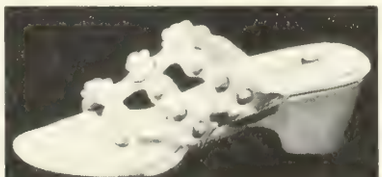
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Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9" by 30"; one side up, 37" by 30"; fully opened, 65" by 30", it seats eight. 30" h. $59.95. Exp. coll. Assembled. Danish catalogue, 25c. Genada Imports, HG8, Box 204, Teaneck, NJ 07666.



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Black wrought iron stand holds cook books at the ready on table or kitchen counter. 12" w. and 5½" h., it takes various size books, folds flat when not in use. Ideal for new recipe experimenters. $4.95 plus 90c post. Buckboard, RS-5B, 380 Madison Ave., New York, NY 10017.



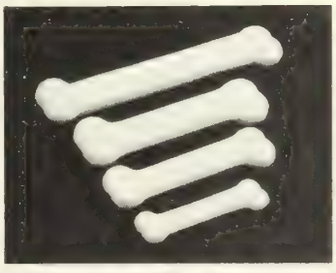
FIX-IT KIT

Oh, those miserable moments when eyeglass frames part company! To cope, a clever kit that helps get it all together: professional optical screwdriver and an assortment of tiny frame screws. $1.98 plus 15c post. Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.



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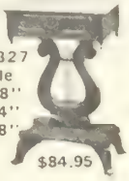
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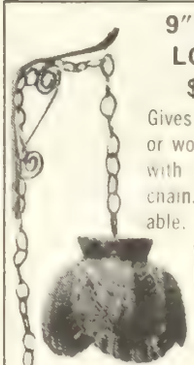
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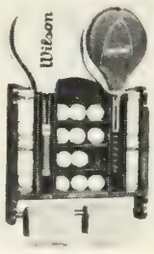
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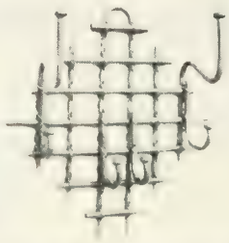
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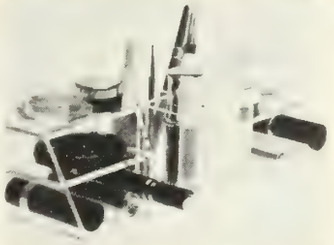
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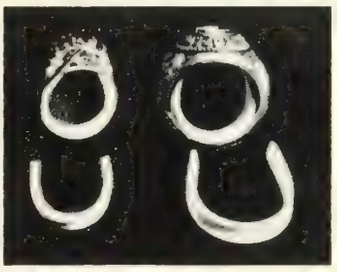
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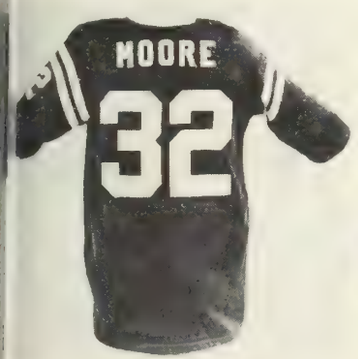


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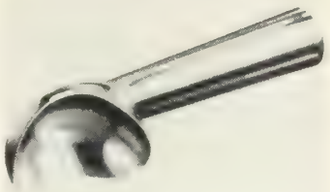
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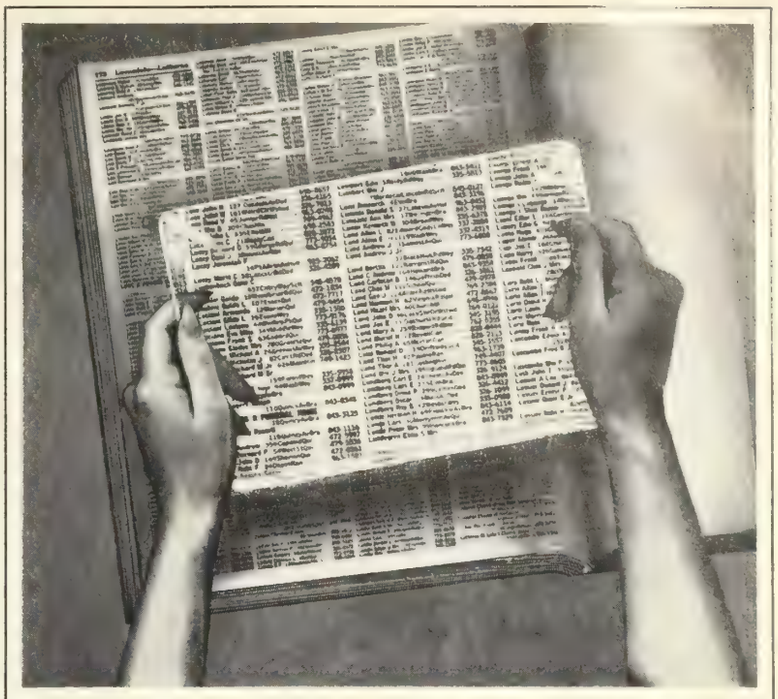
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Fabulous contemporary designs, all expertly crafted by James Russell in his New England studios. Solid Sterling Silver—hefty and handsome for him and her! We show, left to right, Taurus, Cancer, Libra—the rest just as gorgeous! Specify sign or birthdate. Sizes 4,5,6,7,8,9,10.

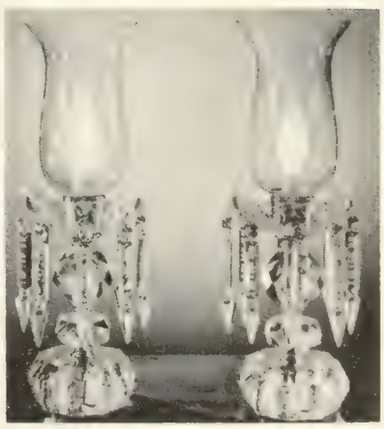
9134 Zodiac Ring $9.98
9139 Matching Pendant (not shown)
18" Sterling chain $9.98

We pay post. & ins. N.Y. res. add sales



LILLIAN VERNON Dept. G86, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550

SPEED THE MAIL — USE ZIP CODES



Hurricane Lamps

with cut crystal spears

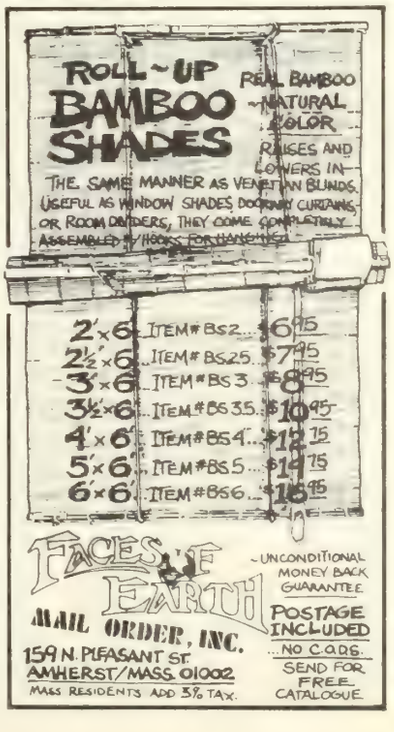
Remember the reflected rainbows of light that fascinated you as a child from the 19th c. cut glass parts lamps. Recapture that magic in your living room with these imported brass lamps with hand etched chimneys & crystal spears suspended from scalloped bobeche. Complete electrified 16" high. 5" Dia.

Pair only $44.95 Sorry no COD's SHIPPING CHARGES COLLECT

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Pa. Res. add 6% Tax • Sent Parcel Post Insured

LUIGI CRYSTAL
Dept. HG8-5, 7332 Frankford Ave., Phila., Pa. 19136





SAFARI PILLOWS

Jet black hand silk-screen patterns centered on sturdy, crisp white washable canvas. 15x15" zippered knife-edge covers with plump kapok fillers. Ours alone! Choose a Lion, a Tiger or a Zebra . . . to fill a sofa, accent a bed, cuddle up to at a fireplace.

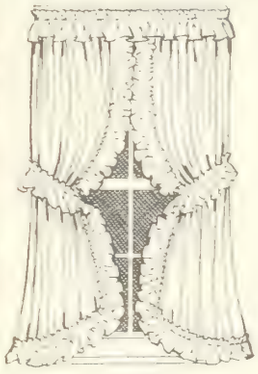
Each, **$14.95** ($1.50 postage/handling)
Set of Three, **$40.** ($2.50 postage)

catalog subs. $1., free with order

THE Patio dept. [illegible] ca. 94106

COLONIAL-STYLE CURTAINS

NO-IRON MUSLIN IN NATURAL OR WHITE



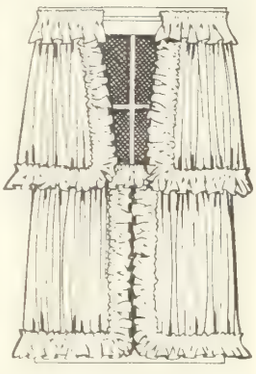
Reproduced from Provincetown, Cape Cod. Extra-full 3" Ruffles. Extra-wide 80" to the pair.

TIERS
24", 30", 36"...7.00 pr.

WITH TIEBACKS
45", 54", 63" long .....9.00 pr.
72", 81", 90" long .....11.50 pr.

EXTRA TIEBACKS ..1.00 pr.
EXTRA VALANCE 11" x 72"...3.00 ea.

STYLE CC3



From New England, country charm of country-style curtains, no longer need the drudgery of ironing. Practical, long-wearing, crisp and beautiful. Machine wash and dry with little or no ironing 50% Polyester—50% cotton muslin (preshrunk maximum shrinkage 1%) of unsurpassed quality that we back with **"satisfaction unconditionally guaranteed."** Specify style and color, natural or white. *Add $1.50 post. & hdlg. Please enclose check or money order. Sorry no C.O.D's. N.Y. Res. add sales tax*

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Dept. 28, Lawn Terrace, Mamaroneck, N. Y. 10543



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FOUR GUYS

These guys do a strip when the proper time comes! Before you add ice to the highball, they are wearing briefs and shirts. When outside of glass becomes moist, they disrobe! They'll become dressed again when glass dries off. Lively party gift. **$7.98 plus $1.59 P&H.**
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THE KUNG FU FIGHTER

piece robe with legs. Feels incredibly comfortable and allows for easy movement. Made of lightweight Nylon tricot.

White trim or Chocolate with Beige trim. S-M-L-XL . . . $21.95. Add $1.00 postage & handling.

AH MEN
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Hollywood, Calif. 90069

Send $1.00 for color catalog.

BRASS BEDS

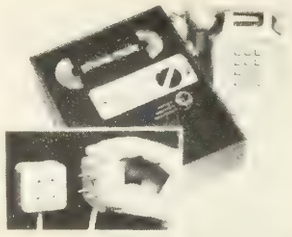
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Because now, more than ever, value tells.

*There are none finer

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Phone-mate answers your calls when you're out, gives pre-recorded outgoing message, records incoming one for playback. No installation fee or monthly service charge, just plug into telephone jack. $149.95 ppd. Telephone Mart, HG8, 325 Maple Ave., Torrance, CA 90503.



SH-H-H PEACE

Silence is golden, but these days we get precious little of it. Soft, pliable silencers slip into the ears, have an easy-to-grasp flange for safety. Slip them in every night for refreshing sleep. $2.29 a pair plus 15c post. Anthony Enterprises, HG8, 585 Market St., San Francisco, CA 94105.



HANDWOVEN RATTAN

Tulip ceiling lamp dramatizes any decor. 14" spread, 11" h. Electrified; dimmer switch. 18' chain and hooks. $16.95 plus $2 post. Painted white, yellow, green, pink, blue, orange or black $3 extra. Catalogue 25c. Fran's Basket House, HG8, Route 10, Succasunna, NJ 07876.



OPEN SHELF STORAGE

Store china conveniently and in full view with vinyl cushioned metal caddy 9" high and 11½" across. Caddy holds 40 pieces saving cupboard space, and it prevents chipping and breakage. $3.98 plus 75c post. Holiday Gifts, Inc., 308-K, 7905 W. 44th Ave., Wheat Ridge, CO 80033.



THE REAL THING

Head-turning pendant is a mini replica of the sterling silver bars usually stored in vaults. Has authentic ingot shape and markings. 100 grains. 18" sterling silver chain, safety clasp. $9.98 plus 35c post. Lillian Vernon, Dept. G8E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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Unique and decorative way to display hanging plants for the home, apartment or office. No holes to drill in ceilings. Easy to assemble, sturdy floor-to-ceiling pole. Comes with 4 hangers adjustable to any height and direction. Available in chrome or brass. For ceilings up to 8½ ft. **$14.99** plus $3.00 for handling and shipping. Extension for 9 ft. ceiling, add $1.50. Additional hangers $2.25 each.

GATEWAY PRODUCTS
HG-8, 3851 Lenawee Ave.
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20"x24"	only $7.50
14"x17"	only $4.50
24"x36"	only $12.50

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2 ft. x 3 ft.	$3.50	Laminated Posters up to 2 ft. x 3 ft. $3.00 addt'l.
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For every color poster ordered, add $2.00 and get a black & white same size. Black and White Duplicates 50% off. Add 50c each item, handling. For prompt delivery put name & address on back of photo. Send check, cash or M.O. N.Y. residents add appropriate sales tax. If you send slide or negative add $1.00 for each size. Shipped U.P.S. $1.50 per item.

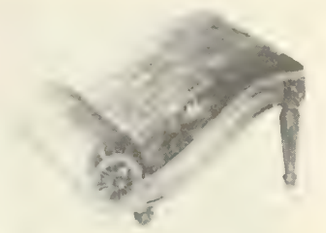
Congers Color Labs
Dept. HG-85, Congers, N.Y. 10920

ITALIAN STYLE



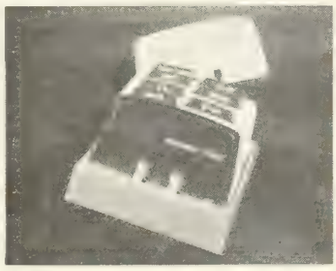
Imported corduroy espadrilles take autumn in stride. They're made with crepe rubber soles, rope-trimmed wedge heels. In N and M, whole sizes 5-10. Navy, green, red or brown. $19 plus $1.50 post. Request free color catalogue. The Talbots, Dept. HM, Hingham, MA 02043.

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Battery-operated massager brings satisfying relaxation. Deep gentle penetrating vibrations soothe neck, shoulder muscles, arms, legs and tired feet. Operates on standard batteries (not included). 4 sizes.

Mini Massager, 4½" ..... $3.98 + 30¢ Mailing Each
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Anthony Enterprises Dept. HG-85
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Ball-bearings roll heavy plants with ease

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YOUR CAT WILL LOVE IT, AND SO WILL YOU!



Now Comes In 2 Sizes

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22"Lx16"Wx18"H—$18.95 ppd. for cats weighing 12 lbs. or over

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Haugen Products, Inc. Dept. HG
709 W. Huron, Ann Arbor, Mich.



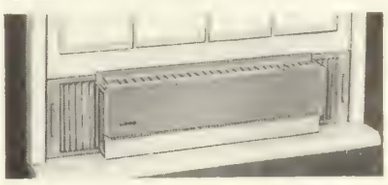
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Save! 2 for $5.75
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CLEANS THE AIR YOU BREATHE!



- Looks like an air-conditioner but weighs less than 4 pounds
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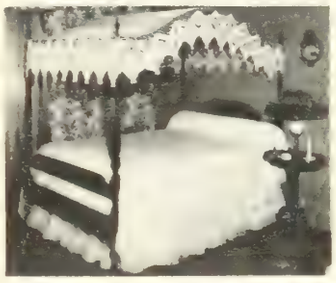
1—If you do have a coat of arms you send us a photostat or picture of it and that is what we engrave.
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Turn-of-the-century look goes contemporary in table crafted of butcher block. Round top is mounted on cast-iron base. 30" dia. $126.50; 36" $147.50; 42" $181; 48" $215.50 Exp. coll. Catalogue 50c. Butcher Block & More, HG8, 1600 So. Clinton, Chicago, IL 60616.



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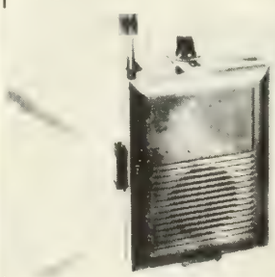
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A SHOE-IN

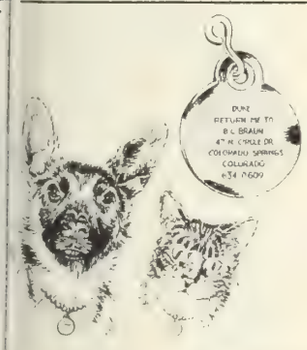
Leather Wedgie with walking comfort and open-toed cool. The Edna in luggage tan, bone, black, white, navy, brown, low 1" wedgie heel. 4 to 10, $18.95. 10½ to 12, $19.95. For widths AAAA to EE. Add $1 post., 25c each add'l. pair. Solby Bayes, HG8, 45 Winter St., Boston, MA 02108.



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Featured: L to R: FAN, MOLON, CHINO

Available in sizes:

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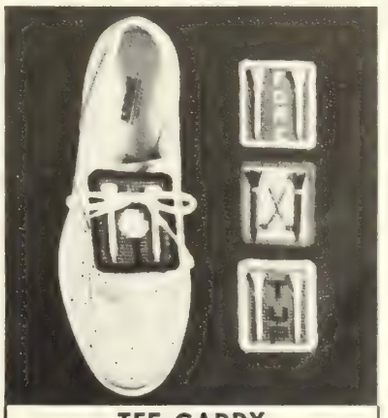
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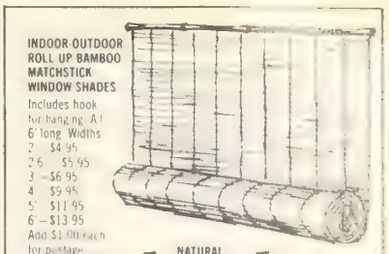


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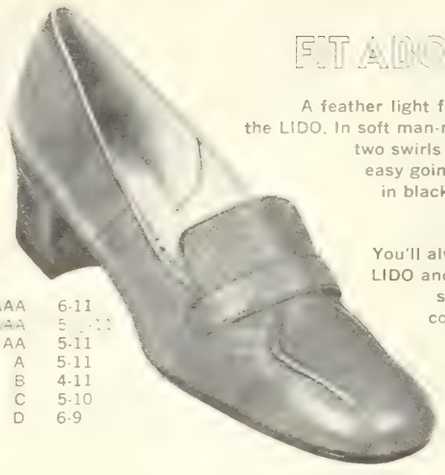
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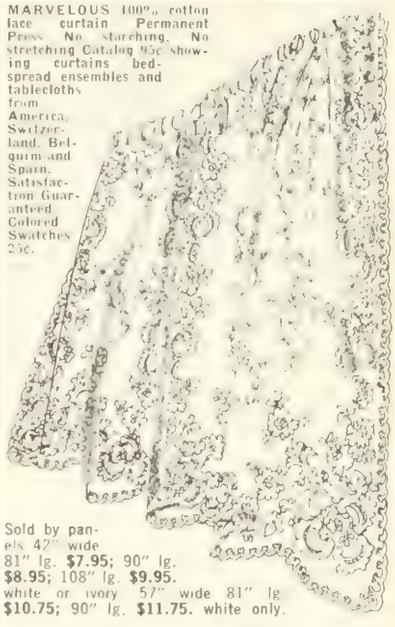
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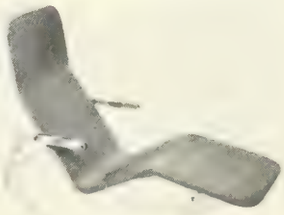
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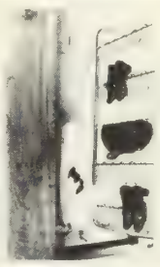
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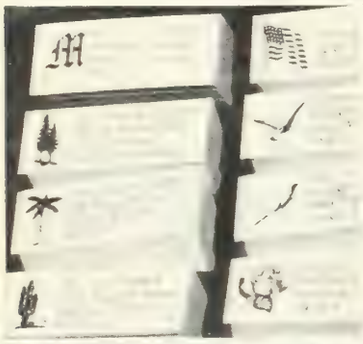
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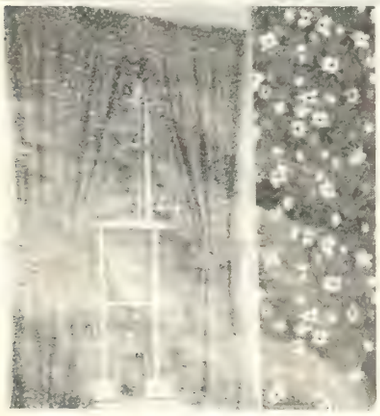


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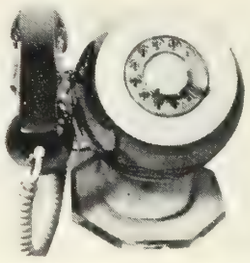
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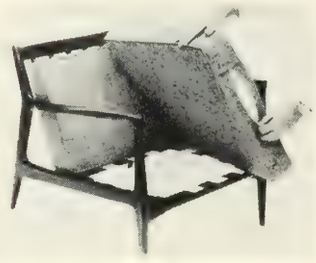
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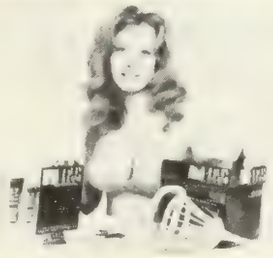
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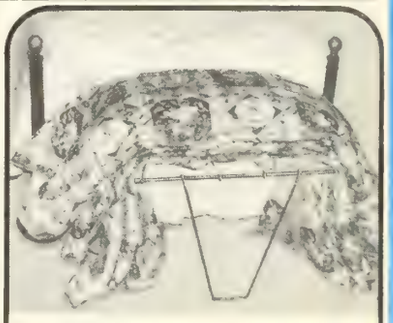


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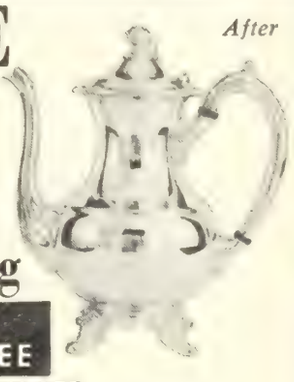
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continued from page 85

sorrel, salt, and pepper and cover pan and cook slowly for 5 minutes until the leaves are wilted. Sprinkle flour over mixture and mix it in thoroughly. Stir in stock and cook for a few more minutes. Rub mixture through a strainer, or whirl in a blender and then strain. Return purée to pan and heat until simmering. In a bowl beat egg yolks and cream together and dribble into hot soup stirring constantly. When reheating soup, be careful not to bring mixture to the boil. Can be served cold. Serves 6.

VITELLO TONNATO

from Wendy Stevenson

3½ pound boned, rolled, and tied roast of veal
4 tablespoons ground coriander
2 tablespoons butter
2 bay leaves
2 onions, quartered
2 large carrots, coarsely cut
3 stalks celery with leaves on
scant handful parsley sprigs
1 teaspoon whole peppercorns
3 cups dry vermouth
water

Roll veal in the coriander and completely coat it. In a cast-iron casserole add butter and heat it until it has just finished foaming; add roast and quickly sear it on all sides. Turn heat down and add bay leaves, onions, carrots, celery, parsley, peppercorns, and pour vermouth over all. Add enough water to come ½-¾ the way up the sides of the veal. Cover casserole and simmer for 1½ hours or until veal is tender. Remove pan from heat and allow the veal to cool in its own stock. Strain stock and reserve it for the sauce.

Tuna Fish Sauce
½ cup olive oil
1 can tuna fish, preferably packed in olive oil
1 egg yolk
4 anchovy fillets, cut small
2 tablespoons lemon juice
2 tablespoons capers
salt and pepper to taste

In a blender container add all the ingredients and blend until sauce is smooth and creamy. Pour mixture into a mixing bowl and gradually add cooled stock, stirring until it is the consistency of very heavy cream. Salt and pepper mixture to taste.

Assembling dish
cooled veal roll, sliced evenly
tuna sauce
capers
lemon slices, paper thin
black olives, halved

In the middle of a large platter, overlap slices of veal and pour tuna sauce all around the slices. Dot the sauce with capers and place lemon slices in a strip down the middle of the veal with the black olives. Serve cold from the refrigerator. Serves 6-8.

TOMATO SOUFFLÉ WITH BASIL SAUCE

from Wendy Steavenson

6 medium tomatoes, chopped
3½ tablespoons butter
3 tablespoons flour
1 cup milk
3 tablespoons Parmesan cheese, grated
2 tablespoons tomato purée
5 egg whites
½ teaspoon cream of tartar

Preheat oven to 350°. In a frying pan add tomatoes and ½ tablespoon butter and over low heat cook mixture stirring and mashing tomatoes to reduce their water content. Strain to remove seeds and skins. Set mixture aside. In the top of a double boiler, melt remaining butter with the flour and cook for 2-3 minutes; be careful not to brown flour. Add milk, cheese, tomato sauce, purée, and cook until smooth, about 5 minutes. Set mixture aside to cool. In a bowl beat egg whites, sprinkling on cream of tartar, until they are stiff and smooth. Mix ⅓ of the egg white mixture into the tomato mixture thoroughly. Dribble tomato-egg white mixture over remaining egg whites and fold and lift mixture until blended. Pour mixture into a floured soufflé dish and bake for about 25 minutes or until puffed and brown. Serves 6 as a first course, 4 as a main course.

BASIL SAUCE

1½ cups hollandaise
½ cup heavy cream, whipped
1 handful fresh basil, ground in a mortar and pestle with a touch of olive oil

In a bowl mix hollandaise, cream, and basil and pass with soufflé.

FRUIT TART

from David Massey

Sugar Crust
2 cups sifted all-purpose flour
3-7 tablespoons sugar
½ teaspoon double-acting baking powder
7 tablespoons chilled butter
2 tablespoons chilled vegetable shortening
1 egg beaten with 1 teaspoon water
½ teaspoon vanilla

In a bowl place flour, sugar, baking powder, butter, and shortening and rub all together with the tips of fingers until the fat is broken into bits. Blend in the egg mixture and vanilla and quickly form dough into a ball. Place on a board and with heel of hand quickly press pastry 1 tablespoon at a time down on the board and away from you in a firm smear of about 6 inches. Form into a ball again and wrap in waxed paper. Chill for several hours until firm. Mold the pastry in a 10-inch flan ring.

Preheat oven to 375°. Bake shell for 5-6 minutes, remove from the oven and prick the bottom with a fork several places; continue to bake for 8-10 minutes more. Immediately remove flan ring from the shell and place shell on rack to cool. 1 10-inch shell.

Custard Filling
5 egg yolks
1 cup sugar
⅔ cup sifted all-purpose flour
2 cups boiling milk
1 tablespoon butter
1½ tablespoons vanilla

Put eggs in a large bowl and gradually beat in the sugar until the mixture is pale yellow and forms a ribbon. Beat in flour. While beating the yolk mixture gradually pour on the boiling milk in a thin stream of droplets.

Pour into a heavy enamel saucepan and over high heat with a whisk until it reaches boil and is smooth. When boil point is reached, beat over m erately low heat for 2-3 minut be careful not to scorch custa Remove pan from heat and beat butter and vanilla. Set aside cool. Dot top with softened but to avoid skin forming on surfa 2½ cups filling.

Assembling Tart
1 10-inch tart shell, glazed with apricot jam
lady fingers or champagne biscui
2 cups cream filling
grapes, apricots, pineapple, plum or other desired fruit
1 cup prepared gelatin, flavored with vanilla to taste

Top glazed tart shell with la fingers or champagne biscui Spread a ½-inch layer of cream fi ing over surface and arrange fr over the cream. Cover entire ta with vanilla gelatin and chi Serves 8. ■

Summer soups

continued from page 77

TOMATO SOUP

Although the tomato is looked upon as a vegetable by most, it has a dual personality. Horticultural experts classify the tomato as a fruit, first known as a love apple, and they're at their luscious blush now, the perfect moment to savor their ripe sensuality. Whether made from your own home-growns bursting on your vines, or purchased from your nearest tomato source, soups made from fresh tomatoes are something to get the beauty of—hot or cold. Here are two, one to chase rainy-day chills, and a glorious cold version that will give a languid-day luncheon a snappy start. Homemade Melba toast or cocktail rye rounds are great go-withs.

HOT AND CREAMY TOMATO SOUP

2 pounds fresh ripe tomatoes, washed and quartered
water
1 small onion, grated
2 celery ribs, chopped
½ teaspoon salt
¼ teaspoon pepper or 5-6 grindings from the pepper mill
2 cups medium cream or half and half
fresh dill, chopped

In a large saucepan place tomatoes, add water to cover, onion, celery, salt and pepper and cook over medium heat until tomatoes are soft. Press through a sieve and return to saucepan to heat ju until the simmering point. In separate saucepan warm cream half and half and add to toma mixture, stirring. Continue to sim mer until hot and smooth. Garnis with dill. Serves 6-8.

BLACK CHERRY SOUP

From eastern Europe, zesty an refreshing.

1½ pounds Bing or other sweet cherries, stemmed, pitted
2½ cups water
1 cup dry red wine
juice of ½ a large lemon
½ cup sugar, plus extra to taste
1-inch piece cinnamon stick
1 tablespoon cornstarch
sour cream or plain yoghurt

In a 2-quart saucepan add cher ries, 2 cups water, red wine, lemo juice, ½ cup sugar, and cinnamon Simmer, uncovered, 20-30 min utes, until cherries are tender. Re move cinnamon and cool. Puré mixture in blender, or pres through a sieve. Return cherry mixture to saucepan and heat t boiling; lower flame to simmer Add cornstarch to remaining wa ter and make a paste. Add to soup simmer, stirring, 10 minutes, unti soup is smooth and clear. Cool Taste. If soup is too tart, add sugar

Chill several hours. Serve in in dividual ceramic bowls. Pass separate stemmed compote dish o dairy sour cream or a mound o plain yoghurt. About 6 servings. ■

Building Facts

The house on pages 66-69

CHITECTS: William Rosenfeld and
pil Rosenfeld
ERIOR DESIGNERS: William Rosen-
l and Serpil Rosenfeld
E OF HOUSE: 2,000 square feet
E OF LOT: 80 by 130 feet

RUCTURE

undation: Reinforced footings and
ete tube piers.
aming: Platform wood frame con-
uction with Douglas fir.

TERIOR OF HOUSE

terior walls: Tongue and groove
cedar siding blind nailed over
inch CDX plywood, from the Pot-
ch Corp.
of: On main structure, lead-coated
h copper; on flat deck areas,
ilt-up roofing.
sulation: In exterior walls and
fs, aluminum foil faced fiberglass
tt insulation by Johns-Manville Corp.
indows and doors: Arcadia fixed
nels and anodized aluminum frame
ding doors, with insulating glass.
Northrop Architectural Systems;
stom-made redwood entrance door
th Glasslite.
rage door: Roll up sectional garage
or sheathed with red cedar siding
m Potlatch Corp.

TERIOR OF HOUSE

terior walls: Gypsum wallboard by
ited States Gypsum Co.
ilings: In major rooms and kitchen,
d cedar siding by the Potlatch Corp.;
bathrooms gypsum wallboard by
ited States Gypsum Co.
oors: In major rooms, #2 red oak
random lengths; in kitchen and
th, Vermont red slate, natural cleft.
ighting fixtures: In dining and liv-
g rooms, recessed incandescent down
hts with dimmer controls by Gotham
ighting Corp. Div. ITT.
ireplace: Brick fireplace with
mper by the Murdock Co. and screen
Edwin Jackson.
ardware: By Ives Division, Leigh
oducts, Inc. and Elmer T. Hebert.
itchen and bathroom cabinets: By Westchester Architectural Woodworking.
Kitchen and bathroom countertops: In kitchen, butcher blocks; in bathrooms, hand-painted Mexican tile by Elon.
Plumbing fixtures: Kitchen sink by Kohler; in bathrooms, toilets by American-Standard; baths and showers by Owens-Corning Fiberglas Corp.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Exhaust fan and constant hot faucet at sink by Nutone Div., Scovill Mfg. Co.; all other kitchen appliances by Sears Roebuck & Co.
Heating system: Forced warm air heating system with electric heat pump by Lennox Industries Inc.

The house on page 70

ARCHITECT: The People/Space Co.
Robert F. Shannon, partner
CONTRACTOR: Sunshine, Inc.
SIZE OF HOUSE: 900 square feet
SIZE OF LOT: 1 acre

STRUCTURE

Foundation: Perimeter basement with concrete block walls and concrete columns.
Framing: Standard wood-frame construction.

EXTERIOR OF HOUSE

Exterior walls: Texture 1-11 plywood panels.
Exterior finishes: Stain on siding by Samuel Cabot, Inc.; paint on trim by California Products Corp.
Roof: Mastic applied as liquid.
Insulation: In exterior walls, 3½-inch Fiberglas by Owens-Corning Fiberglas Corp., on roof and under floors, 3-inch urethane foam by Dow Chemical Co.
Windows: Pella windows by Rolscreen Co. and Perma-shield windows by Andersen Corp.
Doors: Metal front door; hollow core wood interior doors.

INTERIOR OF HOUSE

Interior walls and ceilings: Gypsum board by U.S. Gypsum Co.
Interior finish: In major rooms, latex paint by California Products Corp.; in bath, paint by Rust-Oleum Corp.
Floors: In major rooms, wood floors; Irish oatmeal wood rug in living room and African white wool rug in bedroom from Design Research; floor in front of kitchen, Excelon feature tile in chocolate, #56797 by Armstrong Cork Co.
Fireplace: Fireplace by Heatilator Fireplace, Div. of Vega Industries Inc.
Hardware: Hardware by the Schlage Lock Co.
Furnishings: Lowback chairs in living room designed by Jan Dranger and Johan Huldt for the Stuns Collection, folding wooden dining chairs and maple butcher-block dining table, all from the Workbench; wooden cocktail table designed by Niels Bendsten; bicycle bar cart, round white plastic tables by Kartell and all accessories from Design Research; "Walrus" brown corduroy fabric covering pillows on built-in bench from Jefferson Mills; in bedroom, sheets, pillowcases and quilted coverlet in "Shadow" pattern designed by Bill Blass for Springs Mills; poster in bedroom, "The Last Move" by Wil Barnet from Poster Originals Ltd.
Kitchen and bathroom cabinets and countertops: Custom made by Sunshine, Inc.

MECHANICAL EQUIPMENT

Hot water heater: 80-gallon tank by Central Vermont Public Service.
Heating System: Solar heating system designed by The People/Space Co. and Sunshine, Inc.

The house on page 72

ARCHITECTS: Martha Carder & David Nahon
SIZE OF HOUSE: 1,430 square feet, exclusive of decks
SIZE OF LOT: 80 by 130 feet

STRUCTURE

Foundation: Locust posts driven 7 feet into ground.
Framing: Standard wood frame.

EXTERIOR OF HOUSE

Exterior walls: Texture 1-11 plywood panels by U.S. Plywood Div., Champion International.
Exterior finishes: 2 coats of Creosote Stain by Samuel Cabot, Inc.; on trim, 2 coats of Vapex Latex paint by Pratt & Lambert, Inc.
Roofs: 3-ply, cold-rolled roofing with sheet metal gravel stops.
Insulation: In walls, 2½-inch fiberglass batts; in roof 3½-inch fiber glass blankets.
Windows: ¼-inch fixed plate [illegible] panels by PPG Industries; [illegible] hollow aluminum louvers by Universal Metal Products Corp.
Doors: Arcadia aluminum frame sliding doors with tempered glass by Northrop Architectural Systems.
Skylights: Acrylic.

INTERIOR OF HOUSE

Interior walls and ceilings: Sheet rock wallboard by U.S. Gypsum Co.
Interior finishes: In kitchen, white semigloss paint by Pratt & Lambert, Inc.; in all other rooms, white Latex flat paint by Pratt & Lambert, Inc.
Lighting fixtures: Recessed downlights by Lightolier, Inc. Recessed wall mounted night lights by Sterling Mfg. Co., Inc. Dimmer controls by Leviton.
Fireplace: Masonry with stucco finish; damper by Donley Bros. Co.
Hardware: Brushed aluminum by Schlage Lock Co.
Furnishings: In living room, Desert Flame India rug, #1706 from Rosecore*; wall hanging, "Apples," designed by Albino Cimonetti, silk-screened on cotton sailcloth from Big/Art Designs; blue and white fabric on ottomans, "Balmoral," cotton sailcloth from Hanett. Morrow. Fischer*; tree-stump table by London-Marquis and assorted baskets from Luten Clarey Stern*. In bedroom, German white wool rug, quality SSG, #5562 from Rosecore*; Mosaic Star summer spread from America Hurrah Antiques; poster by Helen Frankenthaler from Poster Originals Ltd. On deck, canvas and beechwood furniture from the Cado Collection*.
Kitchen and bathroom cabinets: Cedar, custom made.
Kitchen and bathroom countertops: Laminated plastic.
Plumbing fixtures: In kitchen, stainless steel sink by Elkay Mfg. Co.; in bathrooms, all fixtures by American-Standard, Inc.

MECHANICAL EQUIPMENT AND APPLIANCES

Water heater: 82-gallon. Rheem.
Heating system: Chromalux electric wall and floor heaters.

*Consult your interior decorator or architect for further information.

Shopping Information

All prices approximate. *Consult your interior designer or store decorating department. Postage indicated by ( ).

COVER

"Flowerfern" percale sheets: 50% Dacron and 50% cotton, no-iron permanent press. By Martex, a division of West Point Pepperell. At Sanger-Harris.
"God's Eye" blue and white quilt: 82" x 68", c.1920 $250. At America Hurrah Antiques, NYC.
"Andrea" wicker chair: lacquered white; **night table;** both from Walters Wicker. **White wicker table:** $100. The Gazebo of New York.
Interior wall paint: House & Garden Blue Sky by Devoe Paint, Celanese Coating Co.
Louvered shutters: ponderosa pine painted white for photography. Supplied by the National Woodwork Manufacturers Association.
Brass reading lamp: standing lamp designed by Cedric Hartman. From $289. At LCS*.
"Pink Sea" painting: 76" x 104", by Pat Lipsky. André Emmerich Gallery.
Antique blue and white plate: $30; **antique garden seat:** one of a pair, $2100 the pr. Both from John Rosselli.

BETTER LIFE AT HOME

Page 32:
Model's makeup and hair: makeup by Polly; hair by Farida. Both of Cinandre.

EXERCISE

Page 35:
Basket/back packs: "Pasiking" basket on man, handwoven rattan and buri, in 3 sizes—small, $30; medium, $32; large, $35. Large back pack on woman to right, 22" high, adjustable straps, split black ash, made by American Mohawks. $35. Basket containing fruit, handwoven bamboo, $10. Basket containing ears of corn, handwoven bamboo and nito vine. $60. All at Banana. **Hexagonal basket tray:** set of five, $16.50 ppd.; **covered baskets:** 10" diam., $15, 16" diam., $20, 22" diam., $25. Tabletopping at Henri Bendel.

BED AND BREAKFAST

Pages 38-39:
"Lily of the Valley" percale sheets: 50% polyester, 50% cotton, designed by Marc Bohan of Christian Dior for Wamsutta. At Saks Fifth Avenue.
Twig bed: queen size, polyester resin reinforced with fiberglas and steel, white lacquered finish. $2175. By Keramos.*
"Regency" high backed chair: 26" x 27" x 42" high, wicker with white lacquered finish, $200; **"Jefferson" lounge chair:** 23" x 26" x 35" high, wicker with white lacquered finish, $130; **"Sand Dollar" coffee table:** 31" x 18" x 17" high, wicker with white painted finish. $80. All by Hurricane International. Write D.S. Lapine, Inc., 1 Park Avenue, New York, N.Y. 10016.
Mattress and boxspring: by Serta.
Tray settings
Top. **"Liana" glassware:** pitcher, plates and tumbler; **"Happy Days" stainless knife:** with apple green enamel insert. 5-piece setting, $25. Glassware, knife from Ginori Fifth Avenue. **Linens** from Léron.
Bottom: **"Rosebud" Limoges china:** toast plate, $14; teapot, $46.50; creamer, $15.50; sugar, $20; cup and saucer, $9.95; tray, $18; percale napkin, $5; linen napkin, $7. At Porthault.
"Perles" silver-plated flatware: 5-piece place setting, $47.50. By Christofle. At Baccarat.
Pages 40-41:
"Shadow" and "Shadow Diamond" percale sheets: 50% polyester, 50% cotton, no-iron. Designed by Bill Blass for Springs Mills. At Lord & Taylor.
Lounge chair and ottoman: wood and polyester bases enveloped in foam rubber and Dacron, available in a range of leathers and fabrics. By Artifort for Turner Ltd.*
Navy and white pillows: made from handmade quilt tops. From $30-$35. At The Gazebo of New York.
Plexiglas and paper constructions on ledge above bed: from the "500 Series" by Nancy Miller. $150. At Environment Gallery. (Plexiglas by Rohm & Haas.)
"Flex Clamp" lamp: 40" long, 6" diam. shade, plastic extension. Designed by Elio Martinelli for the Buzan Collection. $170.
Rectangular baskets: $9-$12; chinese dish, $30. From John Rosselli.
"Hole in the Barn Door" quilt: 71" x 72", c.1890. $250. From Moon Over The Mountain at Patchworks.
Drum table: 18" x 18", glossy white enamel finish. $99. At Habitat.*
Brass and steel sculpture: "Nite & Day" by Eunice Leopold, $2000; **acrylic sculpture:** "Free Wheeling" by Eunice Leopold. $1400. Both at Gallery Madison 90.
7" portable black and white TV: operates on AC, rechargeable "D" cell batteries, or car/boat adapter. 8¾" high. $149.95. By Hitachi Sales Corp. of America.

Continued

A good night's sleep continued from page 47

a "rebound"—that is to say, you spend 40 or 50 percent of the night in REM sleep. "It is as though you were making up for all that REM sleep you were deprived of when taking the pills," says Dr. Mendels. "This means you may start having REM [dream] sleep within a few minutes of falling asleep—and the dreams that you have then have a much more nightmarish quality than usual. So you wake up in the morning feeling that you've had a terrible night, and have to go on the pills again!"

It's a vicious circle. So if you can possibly use one of the other aids suggested here, it would be much better for you. (Unfortunately, the people who use sleeping pills the most tend to be older. They are people who do not realize that the older you get, the less sleep you need.)

There is a system about falling asleep which, if you can achieve it, is going to help you fall asleep more easily and sleep better. If you're reasonably healthy, you have done a little exercise, your mind is at rest, and your body is relaxed—then the great boon of sleep *will* come to you. It's all in the mind. Even going-to-bed routine can help—the way you take off your make-up, brush your hair, settle into bed—these little rituals can calm you down. So if you start being aware of all your preparations for sleep—and maybe use one of the aids suggested here—then you'll soon be at ease with "tired nature's sweet restorer, balmy sleep!" ■

Exercises for fitness continued from page 52

of motion.

3. Stand for a total of two hours a day.

4. Lift something unusually heavy for five seconds.

5. Burn up 300 calories a day in physical activity.

This is simple. And so are the exercises that Dr. Morehouse has devised—and demonstrates, page 52—to make you fit and healthy without guilt in ten minutes a day, three times a week.

Start with four limbering exercises. Use whatever rhythm pleases you. Don't count—there's no need. Just spend about fifteen seconds on each exercise.

Once you are stretched and limbered, you are ready to develop muscle tissue. Expansion sitbacks—to restore muscle of abdominal wall—and expansion pushaways should be done twice each for a total of about four minutes, alternating them as you feel inclined. As you become more fit, increase difficulty of pushaways by lowering hands below shoulder height, as he does himself. The remaining five minutes of your exercise program are for good circulatory conditioning. The Endurance "Lope" will raise your heart rate to your proper level for 5 minutes.

More Fitness Tips

If you do these exercises for ten minutes a day, three times a week, says Dr. Morehouse, you will have good muscles, good circulation and an improved cardiovascular system. For people who want to maintain fitness for sports and athletic activities, these exercises can be stepped up. It's up to you. Your pulse will tell you how much effort you're expending. And the exercises are so simple to do, unlike some of the exercises we have all been led to believe are so wonderful, such as touching your toes, deep knee bends, leg-ups, sit-ups, and back bends—all of which, declares Dr. Morehouse, do more harm than good.

Keep cool! "Sweating weakens you, declares Dr. Morehouse. "Always exercise with light-colored, light clothing, not sweat suits or warm-up suits. In my program with the astronauts we experimented to see what happened if we allowed their body heat to rise. We found that just a slight increase in temperature markedly decreased the person's capacity for physical work."

Look for fitness opportunities. "During the day, don't lie down when you can sit. Don't sit when you can stand. Don't stand when you can move. When you wake up, have a good stretch. When you wash, soap and dry yourself vigorously. When you walk, walk briskly. And look for opportunities to *climb stairs.*

"I've had people who can't stand exercise—any kind of exercise. But one thing they will do is climb the stairs once in a while. This will improve their condition markedly. Now older people tend to buy houses all on one floor in order to avoid stairs. 'I'm past fifty,' they say. 'I don't want stairs to climb any more.' *The opposite is true*—the older you get, the more you need those stairs. This doesn't mean you have to run up and down them all day. But people looking for retirement homes should look for stairs. It may be all the exercise they are going to get.

"The proper exercise is so easy," says Dr. Morehouse, "and it's fun, too. It doesn't need precision, or regularity. Just do as much as you feel like doing, and you are doing wonders for your physical condition. Even if you haven't exercised for twenty years, just a little will really put you in better shape—for *your* life. It improves your sex life, too—a study of residents of Leisure World in Southern California found that exercise lessened the depressive states often found in older people—and that those with higher fitness scores also reported a more satisfactory sex life in their later years." So on with the pushaways and sitbacks—it takes so little to achieve so much! ■

Energizing, tranquilizing milk continued from page 53

even in semi-disguise for those who protest against milk. Mix it with MBT or other chicken bouillon for a tasty mid-morning cup, hot or cold, with a dash of curry. For an afternoon snack twirl it around in the blender with ice cubes and flavor it with your favorite fruit or almond, vanilla, chocolate, rum or sherry extract. Before bed, how about a cup of cocoa or warm milk with a touch of Sanka and cinnamon? Cream soups and chowders can be made with milk, and cereals may be cooked with milk instead of water.

Milk may be used in stews, casseroles, puddings, cakes, pie fillings, pancakes, and waffles. Nonfat dry milk (not reconstituted) can be added to meat loaf, gravies, and homemade breads, improving their nutritional value as well as their quality. Milk is a great food, straight up or as an accessory, and should be included in appropriate amounts in your family's diet every day.

Practically all milks today are pasteurized, a process that safeguards us from diseases spread by cattle to humans. Only vitamin C is destroyed in this process, but the amount present in milk is so minute that it is of little nutritional significance.

Some people still cling to the habit of insisting on certified milk. It is presently available in a few communities and may be raw or pasteurized, but according to the National Dairy Council, most of it is pasteurized and fortified with vitamin D. They say, "Certified milk originated in 1893 in response to a need for safe milk. It is produced and distributed according to the high standards for cleanliness as set forth by the American Association of Medical Milk Commissions."

Certified milk is expensive to produce and to distribute and is not as widely available as others. It is a good milk, but *not* superior nutritionally to other less expensive forms. And in 1975 there is less reason for certified milk as dairy herds are inspected regularly and more hygienic measures are employed in handling milk from cow to container.

Cost of food varies so much in various areas of our country that it is almost impossible to include cost of protein and calcium of milk products in dollars and cents. However non-fat dry skim milk is the least expensive source of these two essential nutrients. This does not apply to all dairy products. For equivalent amounts of protein commercial yoghurt is as expensive as many choice meats. However, if one makes yoghurt at home it is almost twelve to fifteen times cheaper than the commercial product.

TO MAKE YOGHURT*

Let stand covered from 2 to 4 hours 2 to 4 tablespoons prepared yoghurt. Place it in the top of a double boiler with 1 quart skimmed or whole milk. Float a dairy thermometer in the milk and heat the milk until it reaches 120°.

Cool mixture slightly and set it still in the top of the double boiler and with the thermometer in it over, not in, hot water. Keep the water hot enough so that the temperature registers between 90° and 105°. Continue at this heat between 2 and 3 hours until the mixture becomes as thick as custard. Chill the yoghurt at once and refrigerate.

Yoghurt will keep 2 to 5 days. It may be served alone or as a base or garnish for soup; or it may be used in salad dressings. Try serving it with brown sugar or blackstrap molasses and cinnamon or with fruits. Keep 2 to 4 tablespoons of this batch covered and refrigerated as a starter for the next batch. Allow it to stand covered at room temperature 2 to 3 hours before adding it to the new quart of milk.

For those who are allergic to cow's milk there are alternatives such as goat's milk or fortified soy milk. Lactase deficient individuals (lactase is an enzyme that splits lactose, the sugar in milk, into glucose and galactase) often must omit milk from their diets. But many of these unfortunate individuals can manage milk in moderate amounts without discomfort. So drink milk. Nutritionally it is one of man's best friends. ■

*FROM "THE JOY OF COOKING," BY IRMA S. ROMBAUER AND BECKER (BOBBS MERRILL, 1953, 1975 EDITIONS.

our involvement in art."
e Schleys have more leisure
on weekdays. Before leaving
e studio, Reeve cooks break-
or the family. After lunch, he
Georgie take in some sun on
errace, "even in winter, it
east and it's sheltered."
e plays hockey three nights a
. They keep horses at the
and both ride and hunt. Ten-
d paddle tennis are two other
ite sports.
so during the week, the
ys may go to New York, only
inutes away, to have dinner
friends or to take in a play.
/e enjoy six Saturdays a week.
's because we're retired," says
Hackney. She and her hus-
Ernst ("Buddy") live close
ncinnati, on a hill overlooking
ittle Miami valley.
During the hectic years, we
to cram everything into the
ends," explains Mrs. Hack-
a tall, gray-haired woman,
looks tiny next to her 6-foot-
h husband. "Now, we spread
the things we enjoy doing
ughout the week. We never
much. A lot of what we do
nds on the weather; if it's
nt, we play golf one afternoon.
we are now apt to entertain
day of the week. But," she
inues, "we do have activities
ific to Saturdays and Sundays.
have a Sunday brunch for the
dren and grandchildren. I love
ook, which used to be consid-
peculiar. And if the grown-
afterward, want to play
ash or tennis, I'm a very willing
y sitter."
This is Seabird," says Augustus
us") Kinsolving, showing a
to of the 36-foot wooden sloop
nd his French-born wife, Mo-
ue, a striking 6-foot blonde, sail
of Mystic Harbor, Connecticut
ctically every weekend of the
r.
n winter they come home from
k late Friday afternoon—Gus is
wyer with a large metals com-
y in New York, Monique, a
istician, is in operations re-
rch in a bank—shower, have
ner, rest. About eight, they
rt out on their two-and-a-half-
ır drive to Mystic.
"We find everything on board
gidly cold," says Gus enthusi-
ically. "Sometimes, we have to
ovel snow off the deck." First
and Monique get the stove
ing. Next they start up what he
lls "personal central heating"—
combination of hot water, rum,
non juice, and honey.
On Saturday mornings, they go
hore and have a "huge" break-
st—in a "little eating joint" in Mystic. Then, in the supermarket, they buy a steak and two fresh vegetables, canned milk, China tea, lemons and apples.

The Kinsolvings are back on Seabird between 11:30 and 1 and ready to sail. "We always go somewhere unless the weather is heavy.

"On Saturday night, we'll anchor somewhere and then we have a big dinner. Sometimes, friends will join us from shore; sometimes, we have a friend or two on board."

Monique cooks, "and the cook never washes. That's a rule on board," says Gus. Cooking takes a long time on the stove's alcohol burners, so keeping the meal simple is very important.

On Sundays, after sailing back toMystic, there are two good hours of chores the Kinsolvings must accomplish before returning to New York. "There are fewer chores in summer and we can go on longer sails," explains Gus. "But in the wintertime, nobody else is there; the sound of outboard motors vanishes. I also like the adventure of winter sailing."

Peter Talbert, fresh out of college, is a New York tennis-teaching professional, who is on the courts from five to eight and a half hours a day, six days a week. "I take Saturdays off," he explains, "because most of my friends are free that day. I don't mind working on Sunday—it's prime time for us.

"On Saturday morning, I sleep late—until about 10 or so—and then go out and buy a paper, sit down in the General Motors Plaza and read it. Then play squash or court tennis for relaxation."

Another Saturday pastime is watching sports on television—about any sport. He also cooks for friends Friday or Saturday night, "never more than five or six, because the studio is too small."

Dorothy Weatherford, a sportswear and quilt designer from Charleston, W. Va., lives in an apartment in town with her three children and her work often continues during weekends.

"Because a getaway weekend is so rare, it is very precious to me," says Dorothy, a curly haired brunette. "I want to be out-of-doors, away from the telephone and not have to worry about combing my hair." Her solution is a 45-mile drive north of Charleston to an abandoned 100-acre farm she bought three years ago. On it, stand the barns, a chicken coop, and the tent she's pitched.

On Friday afternoon, she shops for food and supplies, puts on her hiking boots and packs the kids, aged twelve, eleven, and nine, into her red pickup truck. "The minute I hit the farm's dirt road," says Dorothy, "I pull the curtain over my problems in the city and the pressure stops.

"We live in a very primitive way. We don't have any creature comforts out there: I get water from the creek and boil it for drinking. To prepare a meal, you first have to chop wood: That takes us all afternoon. Then we build a fire in a little lean-to against the barn and cook up a stew that's very plain but good because we're outside."

Dorothy reads during the day or sketches, while her children play in the creek or wander up the hillside. "They have learned to rely on themselves and their imagination for their entertainment."

City folks often like to leave their metropolis during the weekend for fresh air and wide-open spaces. Roberta and Rodolf Smith, tanned, gray-haired grandparents who live and work on their 4,500-acre sheep ranch do just the opposite: On Saturday, they drive into nearby Fredericksburg,where they own a 19th-century "Sunday House" and spend the night in town.

"When we arrive, we work in the garden," says Mrs. Smith. "We have a lot of deer in the country and they can harvest a crop overnight, so we raise our vegetables in town."

On Saturday night, they often visit friends or have them over for dinner. "We love to give our guests home-smoked leg of lamb. After all, we produce it, along with the vegetables we serve."

On Sunday, there's church and more gardening, and visits—or sometimes, just a quiet afternoon or evening together.

LOBSTER A L'ARMORICAINE

(from the Abravanels)

4 pounds frozen lobster tails
1 teaspoon olive oil
1 teaspoon butter
2 onions, chopped
thyme
a sprig of parsley and bay leaf, tied together
tarragon
2 6-ounce cans tomato paste
1 pint heavy cream
½ cup sherry
salt, pepper to taste

Boil defrosted lobster 10 minutes in salted water; cool, remove meat and cut into morsels.

Heat oil and butter in large skillet; add onions and cook until golden brown; add herbs. Cover and simmer 10 minutes. Add tomato paste, cream, sherry, lobster, salt, pepper. Simmer ½ hour. Serve with rice. Serves 12.

RED CABBAGE

(from the Schleys)

1 medium-sized head red cabbage
½ onion chopped
4 strips bacon
1 apple, peeled, studded with 3 cloves
pinch salt; pinch pepper
3 heaping teaspoons brown sugar
1 teaspoon white apple vinegar
a few rubs nutmeg

Cut cabbage in half by the root; lay each half with the flat side on the board and cut into thin strips.

In a large pot that has a lid, sauté the chopped onion and bacon over low heat; wash cabbage, drain well and put into pot; cover and cook over medium-low heat, taking care that the contents on the bottom will not burn. Turn mixture periodically, until it has steamed and settled; then add remaining ingredients; stir often; cook at least 1½ hours, but will be even better if left to simmer for 2-3 hours. Serves 12.

GENIE'S CHEESE FARINA

(from the Hackneys)

½ cup farina (do not substitute)
2 cups milk
½ teaspoon salt
1 cup grated sharp cheese
2 eggs
3 tablespoons butter
dash paprika

Cook farina and milk to mush; add salt and grated sharp cheese. Beat well, add two beaten eggs; pour into buttered casserole, sprinkle with paprika, and bake for 30-45 minutes, in a 425° oven, until firm. The cheese farina is similar to a soufflé, but it won't fall. Serves 6.

VEAL OSCAR

(from Peter Talbert)

12 veal patties
1 egg
bread crumbs
1 bunch asparagus tips, cooked
4 slices American or Gruyère cheese
½ pint heavy cream
1 cup hollandaise sauce

Dip veal patties into beaten egg, roll in bread crumbs and pan fry. Place in rectangular, flat oven dish, cover with asparagus tips and cheese slices. Whip heavy cream, blend with hollandaise, pour over contents of oven dish. Bake at 300° 20 minutes. Serves 5.

GRAPE SHERBET

(from the Smiths)

2 quarts grape juice
1-2 cups sugar, to taste
juice of 3 lemons
5 cups half-and-half

Blend ingredients except cream, pour slowly into half-and-half. Blend well, but very slowly, so mixture won't curdle. Process in ice cream maker. Serves 8.



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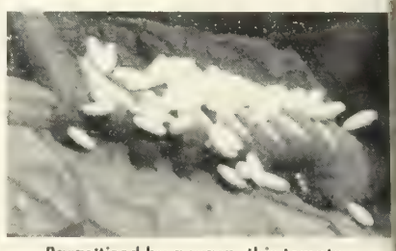
The tomato's defender

How wasps save tomatoes...
No more hay fever... September springtime...
One hundred and one houseplants... Historic American tree...

Stop sneezing!

Along with the good things of midsummer come a few of questionable merit—hay fever, for instance. Nobody believes any more that goldenrod causes hay fever—grasses and ragweed flowering at the same time are responsible. Mold is another very common but often unrecognized source of the irritation. Growing on damp, decaying vegetable matter, molds release billions of spores, and it is these that cause the trouble. So, if you're at all susceptible to the irritants that produce hay fever, don't tempt fate by turning over your compost heap if there's any sign of mold in it. Better yet, wear a pollen mask whenever there is any indication of pollen or mold spores floating around in the air. The 3M pollen mask is available at drugstores for $1.95 per package of ten masks.

Wasps knock out tomato worms



Parasitized by a wasp, this tomato hornworm will chew no more.

Tomato plants—the leaves, growing shoots, and maturing fruit—disappear at a great rate into the hungry jaws of the tomato hornworm. Although it's as big as a person's forefinger, this caterpillar is hard to spot since it is the exact color of the plant it feeds on. Once found, it may be knocked to the ground and dispatched with a hoe or trowel. However, any hornworm studded with white projections the size of rice grains, like the one above, should be left alone. The odd-looking knobs are cocoons of a tiny wasp that preys on the caterpillar. Weeks earlier, a female wasp had laid its eggs in the hornworm's body. These hatched and the larvae, after quite literally eating out the worm's insides, went into their dormant stage in these projecting pupal cases. The hornworm is doomed and already past chomping on tomatoes. Leave it alone, so the wasps can mature, and they'll be on hand to take care of next year's crop of hornworms.



Oddly lobed leaves, some shaped like mittens, characterize the sassafras.

The tree that guided the Pilgrims

The sassafras is a native American tree that drew more attention in the early days than it does at present. Early explorers of the North American continent discovered the merits—medicinal and flavorsome—of this tree with spicily aromatic leaves, bark, and roots. In the early 17th century, ships from England visited the shores of what was to become the U.S. and returned with cargoes of sassafras roots. Navigators of these same ships guided the first settlers to the shore of Massachusetts Bay, and that's how it all began. As a landscape tree, sassafras has its limitations. It sends up an abundance of root sprouts, creating a weedy tangle that only birds and rabbits appreciate. Restricted to a single trunk, though, sassafras becomes an interesting, small-to-medium-sized tree with rugged bark, oddly lobed leaves, and clusters of yellow flowers in spring.

Springtime in September

The American Horticultural Society is planning a garden and wildlife tour of South Africa. This will be in September, 1975, which is springtime down there below the equator. Gardeners the world over grow a long list of South African plants without giving them a second thought. Gladiolus, calla lilies, arctotis, and gazanias are just a few of the hundreds of plants that have come to us from the tip of Africa that divides the Indian Ocean from the Atlantic. Our growing season is coming to an end as theirs is beginning, so it's a good time for the typical gardener's holiday—looking at gardens. The tour will leave New York September 6 and return on the 28th. Dr. Richard H. Pough, the well-known naturalist, will act as guide, so ample attention will be given to birds and other wildlife, as well as plants. For full information, write The American Horticultural Society, Mt. Vernon, Va. 22121.

One hundred house plants, plus

All the usual house plants, plus several that most of us have never heard of, are given affectionate consideration in 101 Flowering Houseplants Anyone Can Grow (Fawcett, $2.25). Thomas H. Everett, Horticultural Specialist of the New York Botanical Garden, has summarized the wisdom of his long experience in making this selection. The clear, concise Everett manner—well known from his other books—leaves no question unanswered. There are crisp color photographs, also a list of suppliers for plants and materials.

nopping information

ntinued from page 131

ay settings
: "Kowloon" cup and saucer: .50; **butter plate:** $8. **"Flemish" rling teaspoon:** $19; **butter eader:** $14.75; **china breadbas-t:** $215; **initialed box:** $12.50; **tter tub:** $2.50; **coffee service:** .50. All from Tiffany. **Acrylic but-'s tray:** 15" x 21". $150. By Albriz-

ien breakfast set: $44. Porthault. ttom: **"Regency" ironstone:** 20-ce service for 1, $24. Imported from gland by Johnson Brothers.
patours" silverplated flatware: iece place setting, $42. By Chris-le. At Baccarat.
wers from Jean-Jacques Bloos Ltd.
nciled tray: metal stand, made to size or color. At Roundtree.

ges 42-43:
p left
Garden Party" polyester and cot-n sheets: no-iron, permanent-press. Fieldcrest. At Howland's.
Garden Party" quilted bedspread: del and cotton, Kodel filled. $60.
Garden Party" quilted pillow ams: Kodel and cotton fabric, ndard bed size, $11 each.
Garden Party" table skirt: 72" und. Kodel and cotton fabric, table und included. $44.
Garden Party" quilted fabric: 44" de, Kodel and cotton fabric, Kodel led. $7 a yd. Fabric covers chair shions and is slipcovered over head-ard. By Croscill. At Robinson's of orida; and the Joseph Horne Co., ttsburgh.
otton/polyester sheets stretched frames and applied to walls. By Ben uno.
ouvered shutters: ponderosa pine inted white. Supplied by the National oodwork Manufacturers Assoc.
Chateau" carpet: 12' widths, of An-on. By Karastan.
oudoir pillows: 100% cotton, $22 ch; **pale blue baby pillow:** 100% otton, $38 each (both cases only).
imoges breakfast setting on stool: p and saucer, $12.25 each; toast late, $14; creamer, $15.50; sugar, $20. ll from Porthault.
Anemones" watercolor: by Edward oodstein. $150 framed. At Jean-acques Bloos Ltd.
M/AM digital clock-radio: illumi-ated front with 2-step dimmer switch, dicates day of week, time, AM or PM, usic or buzzer alarm. $49.95 by Hita-hi Sales Corp. of America.
tanding acrylic memo sheet hold-r: with pencil and colored paper, 6.50; yellow china hors d'oeuvres lates shown as ashtray, $6.50. Both rom Cache-Cache Ltd.
Handmade straw basket: square vith lid, imported from Colombia. $6. t La Tienda.
Wicker furniture: table with shelf, 5" x 17" x 22½" high; Bowen chair, 4" x 26" x 26" high; Moore ottoman, 8" square top, 16½" high; club hairs, 27½" x 28" x 31½" high. All rom Walters Wicker.
Yellow mohair scarf: $32.50. At The Elder Craftsmen.
Handpainted frames in front of window: yellow and green 4" x 5". $42; fleurs on white ceramic 2" x 3". $20. From Porthault.
"Poppy" watercolor: 11" x 14". 2/100 by C. Simpson. $12.50 framed. At The Paper Moon.
Drum table: 18" x 18", glossy white porcelain enamel. $99. At Habitat.*
Small jam dish: bottom of a Lyon oval shell box. $25. At Cache-Cache, Ltd.

Bottom left
"Butterflies" cotton and polyester sheets: 50% Kodel, 50% cotton, no-iron, permanent-press. Designed by Vera for Burlington Domestics. At The May Company.
"Gloria" rattan chair: 26" x 32½" x 33" high. At Walters Wicker.
"Balls" lamp: 45" high, head swivels. $39. At George Kovacs.
"Abstract" screen: four 20" x 80" high panels of fiberboard. To order in any size and colors. $1200. By Isobel Worsley and David Soloman. Through Isobel Worsley.
"Rabbit": 9" x 7½", of terra cotta. By Anne Arnold. $500. At Fischbach Gallery.

Top right
"Sungleam" quilted chintz bedspread: cotton and polyester. Twin quilted throw, $85.
"Pucker Tapestry" Dacron and cotton bed hangings: made from curtains with rod pockets.
"Sungleam" cotton and polyester chintz pillow shams: standard pillow size, $27.30; **"Mandy" white shams:** standard, $15.50 each; **cotton and polyester baby pillow:** $12 each (includes pillow). All by Norman's of Salisbury. To order through home furnishings stores.
"Rapture" cotton and polyester sheets: available also in brown, and in coordinating bath towels, hand towels, washcloths. From the U.S. Mix Collection for Utica by J.P. Stevens. At Bullock's.
Canopy daybed: twin size, 81" high, bamboo turning and lattice details, pearl white finish, $449; **desk:** 52" x 26" x 30" high, 1 drawer, $205; **caned-backed chair:** 20" x 24" x 38" high, slip seat, $115. All from the "Allegro II" Collection by Thomasville.
Rug: from the "Tempo Design" collection, to order any size or color. By Rosecore Carpet.*
Latour chaise longue: 58" x 28" x 32" high. $725COM. By Wycombe/Meyer.*
Watercolors by Joe Goode at Brooke Alexander. $850 each.
Birch stacking tables: 19" x 12" x 7" high. $65 each. At Robert Webb.
Afghan from the New York Exchange for Woman's Work. $110.
"Sliced Apple" needlepoint canvas: designed by Lou Gartner. $65 with yarn. At Needlepoint Design by Lou Gartner at Bergdorf-Goodman.
Breakfast setting
"Evesham" china: 6-cup teapot, $25.50; 10-oz. creamer, $11; cereal bowl, $9; 5-piece place setting, $29.95. By Royal Worcester.
"Cluny" silver-plated flatware: 5-piece place setting, $42. By Christofle. At Baccarat.
Tray set: 1 placemat and napkin in linen. $16. At Pratesi.
Flowers from Jean-Jacques Bloos Ltd.

Page 44:
Pillowcases



1, "Field Flowers" by Springs Mills; 2, "Moon Flowers" by Burlington Domestics; 3, "Caravan Stripe" by Springs Mills; 4, "Dunhill" by Springs Mills; 5, "Moon Flowers" by Burlington Domestics; 6, "Shaker Patch" by Cannon Mills; 7, "Echo" by Burlington Domestics; 8, "Dunhill," Bill Blass for Springs Mills; 9, "Shaker Patch" by Cannon Mills; 10, "Gatsby Stripe" by J.P. Stevens; 11, "Town & Country by Cannon Mills; 12, "Shadow," Bill Blass for Springs Mills; 13, "Royal Bouquet" by Cannon Mills; 14, "Wild Poppies" by Wamsutta; 15, "Porcelain Butterfly" by Wamsutta; 16, "Handkerchief Plaid" by J.P. Stevens; 17, "Dior Rose" by Wamsutta; 18, "Parang" by Martex; 19, "Shadow," Bill Blass for Springs Mills; 20, "Bakuba Jungle" by Martex; 21, "Indian Summer" by Burlington; 22, "Bakuba Star" by Martex.

Page 45:
Beautyrest mattress: steel coils in DuPont "Tyvek" fabric pockets. Simmons. *For brochures write:*
Simmons Company, 2 Park Ave., New York, N.Y. 10016. Ms. Reni Kuhn.
Betterrest Inc. Waterbeds, 242 Morris Ave., Springfield, N.J. 07080. Jeff Arnold.
Sealy, The Public Relations Board, 150 E. Huron St., Chicago, Ill. 60611.
Serta, Inc., 666 N. Lake Shore Drive, Chicago, Ill. 60611.
American Assoc. of Waterbed Mfgrs., 16460 Ventura Blvd., Suite 215, Encino, Cal. 91318.

WELL-EQUIPPED NIGHT TABLE
Pages 46-47:
Mobile night table: 41" x 15" x 29" high, champagne lacquer with olive ash burl, casters. Designed by Paul Evans for the "French '75" Collection by Directional. At Vanleigh.*
Rattan mobile night table: 24" x 30" x 30" high. $450. By DIA, Design Institute America. At Lord & Taylor.
"Speakeasy" miniature key telephone communications system: central control unit and up to 4 desk or wall extensions; features paging, volume control, conference call, intercom system, hands free receiving device on pushbutton model. $900 rotary dial, $950 pushbutton, both include installation charges. By North American Telephone. Write Custom Communications Systems, 101 Park Ave., New York, N.Y. 10016.
Nest of tables: lacquered red with black trim, largest measures 22" x 14" x 22½" high. At Medallion.*
"Surf and Rain" machine: screens out noises. $79.95. At Hammacher Schlemmer.
Battery-operated clock: 6¼" high. $30. By Bulova. At Lucidity.
"Scissors" extension lamp: 6¼" diam. shade, 11" - 20" extension. $20. At The Lite Factory.
TV: 4½" screen, $469.95. Panasonic.
Lamps: left, "Student Prince" table lamp, adjusts from 4"-18". $15. at The Lite Factory; middle, table lamp, 6" base, 7" diam. $29.50 at George Kovacs; right, "Ambassador" floor lamp, 37"-59" high. $30. At The Lite Factory.
FM/AM digital clock/radio: 10¾" x 7¼" x 4⅛" high, "pillow speaker" plugs into same jack as earphone, music or buzzer alarm, illuminated clock. $49.95. By JVC America.

FOUR-WAY BED
Pages 48-49:
Top left:
"Porthault Porteline" percale cotton sheets: solid color bottom sheet, $80; top sheet, $175; rectangle pillowcase, $70 each; small boudoir case, $42 each; tray cloth with 2 napkins, $44. All by Porthault.
"Starlight" blanket: 90" x 108", 55% virgin acrilan acrylic, 45% acrylic. From The North Star Blanket Collection. $22. By Chatham.
Bed tray with side pockets: tray. $55. At The Gazebo of New York.
9" portable black and white TV: solid-state, personal earphone and jack, 11¾" x 11" x 12⅛" high. $78.88. By General Electric.
Chrome lamp with clamp base: $80. By Luxo Lamp. To special order at Bloomingdale's.



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Oriental canopy bed: in queen size only. $2108. By Union National Furniture. At Jack Shaw Inc.
"Yellow Caughley" pottery: dinner plate, $6.25; bread and butter plate, $3. By Stangl; **"Salem" sterling flatware:** hollow handle bread and butter knife, $19.50; dinner fork, $30.50; dinner knife, $26; salad fork, $23.50; teaspoon, $16.25; salt, $20; pepper, $15; wine glass, $5.50; carafe, $12. All from Tiffany & Co.
Address book: 4" x 6". $7.50 at Henri Bendel.
Books: *Flowers: A Guide For Your Garden* vols. I and II by Ippolito Pizzetti and Henry Cocker (Harry N. Abrams, $50, June 1975). *Precious Women* by Dorothy Ann L. Backer (Basic Books, $10.95). *Weathering the Storm: Women of the American Revolution* by Elizabeth Evans (Scribner's, $12.50). From the Madison Avenue Bookshop.

Bottom left:
Linen undersheet: $145; linen top sheet with richelieu embroidered border, $250; continental pillowcases, $66.50 each; boudoir pillowcases, $24.50 each; piqué blanket cover, $51.50; Satin de Lys handmade comforter, $295. All from Léron.
Upper Volta sieve baskets: size shown, $6 each; flat Ethiopian basket, $18. From Ashanti Bazaar.
Books: *Needlepoint By Design* and *More Needlepoint By Design* both by Maggie Lane (Scribner's, $9.95 and $10); *Needlepoint* by Hope Hanley Scribner's, $7.95); *The Needlework of Mary Queen of Scots* by Margaret Swain (Van Nostrand-Reinhold, $12.50). Madison Avenue Bookshop.
"Rustic B" needlepoint [illegible] $75; scissors bob, $9.50. At Woolworks.

Continued on page



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On September 1, you will receive the first of these, the 116 page Christmas Catalogue. A brilliant array of new presents includes an ancient Egyptian necklace of blue lotus flowers; golden stags, panthers, lions, and griffins from the Scythian treasure hoard; needlework kits of a tiger from a Chinese ceremonial banner, and puppies and kittens from a New England rug; a rose and a star in stained glass; a book of Persian miniatures in full color and gold; a bronze Etruscan acrobat; *art nouveau* stationery; a new cookbook, *To the King's Taste*, and next year's engagement calendar, *Secret Gardens*. In addition, there is an unparalleled selection of Christmas cards.

THE METROPOLITAN MUSEUM OF ART

255 Gracie Station, New York 10028 C2

Please send me all advance announcements and catalogues of replicas to be issued by the Museum during the next 12 months. One dollar to cover mailing costs is enclosed.

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Best in Booklets

Because House & Garden wishes to fill your booklet requests promptl arrangements have been made for you to order directly from us. Fi in the coupon below, circling the number of each booklet desired. remittance is required other than the 50c charge for postage an handling that must accompany each coupon, it will be indicated ne to the booklet number. Enclose your remittance in the form of coi check, or money order only. Please do not send stamps. House Garden will do everything it can to see that your requests are filled rapidly as possible.

Building and Remodeling

1. "HOME INSTALLATION CAN BE BEAUTIFUL" is an informative brochure from Alcoa Building Products, Inc., illustrating how the installation of Alcoa siding saves fuel. Also listed are other tips on how to cut fuel consumption. Reply card for your appropriate Exterior Design Kit included with your order.

2. "WHAT YOU SHOULD KNOW ABOUT ROOFING AND SIDING BEFORE YOU BUILD OR REMODEL" — 32-page, full-color brochure describes roofing, vinyl siding, shutters, gutters, downspouts, soffit and fascia board systems designed to make your home's exterior maintenance-free. 14 color illustrations of how 7 architectural styles can be updated. Bird & Son. 50c

3. "HOUSE PAINT PROBLEMS AND HOW TO PUT THEM RIGHT" is an easy-to-read, informative pamphlet from Du Pont Lucite. Shown are the most common causes of paint failure and how to cure them—cracking, peeling, mildew, staining, flaking, and blistering. "How To Paint With Lucite . . ." leaflet included with your order has tips on usage for interior and exterior paints.

4. A-FRAME HOMES. New book pictures all possible applications of the popular A-frame construction—for permanent dwellings as well as vacation homes. Choose from over 50 A-frames and other chalet type designs—all of which meet new Uniform Building Code and Insulation Standards. Home Building Plan Service. $2

Decorating

5. "THE VIEW FROM THE TUB AND HOW TO CHANGE IT," is a new step-by-step instruction booklet on how to decorate your bathroom with sheets, towels, and color! Plus, how to make an exercise mat, sink skirt, shower curtain, and other bathroom accessories. $1

6. THE HOUSEHOLD PAINT SELECTOR is a general guide to selecting paint for interior and exterior surfaces of residential dwellings. Include listing of all common paints. Nation Paint and Coatings Association. $1.95

7. "WINDOW MAGIC"—A compr hensive guide to window treatmen featuring the new tapeless Rivie Blinds. Full-color pictures show ho leading designers use these blind Special section explains how to cu tomize blinds with appliqués, paintin etc. Levolor Lorentzen. 50c

8. "FURNITURE DESIGNED FO GRACIOUS LIVING" describes t beautiful bedroom and dining room co lections by Union National, Inc. D signs range from traditional to conten porary, French to Oriental, includin unusual pieces like kingsize breal fronts. $1.50

Eating and Entertaining

9. EXPRESS YOURSELF WITI DECORATIVE TABLE SETTIN IDEAS shown in this booklet. Follo simple directions for creative America settings. Use them as a starting poi for your own imagination. Easy. Fu Yours from the Pfaltzgraff Co., man facturers of stoneware and coordinatin metalcrafts.

10. ADD SOMETHING SPECIAL your drinks, appetizers, salad dres ings, main dishes, and desserts—Rose' Lime Juice. Many delightful recipes ar listed in this 16-page color bookle ". . . The Tangy Touch." L. Rose Company.

11. "ITALIAN INTRIGUE" an "GOURMET SECRETS"—two co orful booklets from Foreign Vintage offer many recipes for food and drinks Amaretto di Saronno is the interna tional flavor in each.

12. "A MEASURE OF GOLD" is 24-page booklet brought to you fro "21" Brands Inc., filled with recipes fo beverages, glazes, marinades, sauce batters, entrées, crêpes, dressing soups, and desserts. The versatile spiri in all—Galliano.

13. AN ENJOYABLE LIQUEUR plus a delectable ingredient for savor cooking—Grand Marnier. Collectiv recipe booklet includes an excitin

oup of Grand Marnier delights gath-ed from world-renowned restaurants.

4. "POUR AN EASY RUM PAR-Y." A 16-page, color, fully-illustrated ookbook-drink guide with tested food cipes and rum punches for 10 differ-t party occasions. Also recipes for m drinks by the glass, a checklist for tting up the bar, and a drink calcu-tor to determine how much rum to ve on hand for a party. Rums of erto Rico.

5. "THE FRUITS OF SUMMER." his colorful 48-page illustrated book-t captures more than 100 heavenly ays to serve the fruits of summer: esh California nectarines, plums, aches, and Bartlett pears. Included e recipes for desserts, salads, and ain dishes. California Tree Fruit greement. 10c

6. ". . . GUIDE TO SUCCESSFUL ICKLING" has been prepared by the ome Economics Test Kitchen staff of Heinz U.S.A. This culinary booklet is or beginner "picklers" who need guid-nce on how and where to start and for ne experienced person who is looking or recipes to add to her collection.

Potpourri

7. ". . . HOW TO SELECT AND ARE FOR YOUR MATTRESS." his informative pamphlet from Serta, nc., discusses the inside story of mat-ress construction, with helpful tips or buying bedding and how to care or it. 25c

8. ELEGANZA II—a new concept in notor-home thinking is described in a olor brochure from GM Motor Homes. Illustrations of the driver environment. kitchen and dining accommodations, and lounge area are shown with standard features highlighted.

19. AN IDEAL WAY TO BUY YOUR PRESENTS—the Metropolitan Museum of Art's 116-page Christmas catalogue. The jewelry, sculpture, glass, silver, ornaments, etc. shown are available from the museum only. 50c

20. TAKE OFF FOR LAS VEGAS . . . exciting travel brochure describes the Thunderbird Hotel and Casino located in the heart of the fabulous Strip. Color photographs show luxurious room settings, the Olympic-sized swimming pool, and a sampling of the entertainment offered nightly.

21. HELPFUL HINTS ON HOW TO BUY A MATTRESS are discussed in a delightful consumer guide from Therapedic titled "The Bed Game." Booklet includes a listing of dos and don'ts for you and your back, the important facts on mattress construction, plus 5 individual tips on how you can test a mattress before buying.

22. COMPLETE SELECTION OF WRITING INSTRUMENTS is illustrated in a 48-page mail-order catalogue from Fahrney's Pen Shop of Washington, D.C. Everything from architects' pencils, caligraphic nibs to the pen that went to the moon are shown. Selection includes famous brand names—old and new plus helpful advice on how to select and care for your pen. $1

23. COLLECTOR'S PORTFOLIO. The complete Cybis portfolio contains the following publications: "Cybis Porcelain Enchantments," "The Cybis Brochure," "The Phoenix Cybis Collector's Catalogue" and other select literature. $5

Order coupon for booklets

August, 1975

Circle the number of each booklet you want, and enclose check, money order, or currency in amount indicated for those requiring payment. Add 50c for postage and handling. No stamps. Allow up to four weeks for delivery.

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15 10c	16	17 25c	18	19 50c	20	21
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The beautiful, easy way to save fuel.

Andersen Windowalls

Shopping information

continued from page 135

Top Right:
Popy permanent-press top sheet: $92; permanent-press bottom sheet, $76; permanent-press piqué blanket cover, $145; standard continental pillowcases, $32 each; white linen boudoir cases, $36 each; purple boudoir cases, $40 each. Popy is a trademark for permanent-press for Pratesi. At Pratesi.
Breakfast setting: $112.90 complete set. By special order only at Tiffany.
Lower right:
Pillowcases: "Royal Lace" and "Williamsburg Rose," both 50% cotton, 50% polyester from the American Classics Collection; "Cameo Rose" 50% cotton, 50% polyester, from Cannon Royal Family; "Vendome" 50% cotton, 50% polyester percale sheet. All by Cannon Mills. "Royal Lace" and "Williamsburg Rose" at Hahne & Co.; "Cameo Rose" at Strawbridge & Clothier.
"Starweave" 100% Virgin Creslan blanket: 90" x 100", $25. **"Starlet" 100% Dacron 88 blanket:** 90" x 108", $22. Both from the North Star Blankets Collection by Chatham.
Mohair throw: 70% mohair, 30% wool, 58" x 72", handwoven in Ireland. $39 in early fall. At Design Research.
Personal-Mini electronic calculator: weighs 6 ounces including batteries, 3¼" x 2⅝" x 1" high, double display system for answers up to 12 digits, operates AC or on 2 penlight batteries. $19.95. By Casio.
Pink and white mohair afghan: 4' x 7' size shown, larger sizes available upon special order, velvet ribbon runs through afghan. $75. To order through Nantucket Looms.
Sterling letter opener: $74; **sterling magnifying glass:** $55. Both at Tiffany & Co.
"Don't Forget" red note paper: acrylic holder and white memo cards included. $12.50; additional memo cards, $2.50; fabric covered address book, $15. From Henri Bendel.
Mattress and boxspring: by Sealy.

TWELVE BEDROOM IDEAS
Pages 50-51:
9. **Fourposter bed:** unassembled and unfinished, maple and pumpkin pine, $129.95. Write Cohasset Colonials.
12. **Loveseat:** 60" x 31½" x 28" high, loose seat and back cushions.
Highboy: 38½" x 21½" x 65¾" high, from the American Tour Collection.
Wing chair: 33" x 28" x 50½" high.
Trunk cube: 16" cube of mahogany and mahogany veneers, lift-off top. From the "Kingsbridge" Collection. All by Drexel Heritage Furnishings.
"Signs of Spring" cotton chintz: 56" wide, 24" repeat; **"Safford" carpet:** both by Greeff.*
"Beautyrest BackCare II" mattress and boxspring: by Simmons.
Red/white/green quilt; handmade crocheted coverlet. Both from The Elder Craftsmen.
Quilted pillows on loveseat: from a large collection at The Patchworks.

SUMMER FOOD
Page 58:
Tôle tubs: large oval, $65; large round, $30; medium round, $25; small round, $20; small oval, $22. Hand-painted by Fred Wehmer for Cache-Cache Ltd.
Glass bowls inserted into tôle tubs: Georg Jensen Inc.
Bucket salad bowl: salad servers, glass bowl and gold tone bucket, $75. At Carole Stupell Ltd.
Crystal cake plates: at Tiffany.
Page 59:
Wine glasses, by Vasco Crystal.
Sterling [illegible] basket: At Tiffany.
Insulated "Con[illegible]-Bowl": $6. By Thermos, King-Seeley.

SUMMER ZEST

PERFECT GUESTROOM
Pages 62-63:
"Deco Echo" quilt and pillows: polyester and cotton fabric, polyester filled, made by hand in Canada. Twin quilt, $174; double, $200; queen, $240; king, $338; matching pillow shams, $18 each; pillows, 16" knife edge, $16; 12" knife edge, $12; triangle pillow, $18. By Suttles and Seawinds Limited.
"Do Not Disturb" fabric framed message: 7" x 9", brochure with 35-40 messages available, all custom ordered. $35 each. ($1.50) Designed and made by Ruth Buchalter.
Alarm clock: $32. By Swiza. At Bonwit Teller.
Blue denim chaise: 65" x 26" x 32" rolled back, $435 COM. By Thayer Coggin. At Colby's.
Cosmetic mirror: 28" diameter. $375. At Lighting Associates.*
Large cotton tote bag: 12" x 18", plastic lined. $34. By Design Thai. At St. John Ltd.
Cane desk accessories: pencil cup holder, $5; notepaper holder, $6; organizer, $13; letter holder, $5. All at Henri Bendel.

PURE PLEASURE
"Asparagus" vinyl wallcovering: 27" wide, 27" repeat. By Instock Papers, Inc.*
Cotton canvas pillows: 24" sq., one design from a collection by Ynés Van Holt for LCS.* $90 each.
Shell pillows: air-brushed on satin or cotton. From $40 ($3.50) To order from Ed Stiffler Flowers.
Waterproof floating portable radio: with FM/AM weather band, battery operated, includes earphone and external speaker jack, strap handle. $79.95. By Panasonic.
Tray and napkin: 17" x 12" tray, 19¼" sq. napkin, in blue and black. $15 and $3. Designed by Maggie Morgan at The White Monkey.
Wool/nylon macramé plant hanger: $165 ppd. at Henri Bendel and The Atrium, Phoenix.
Canvas umbrella: 5' spread, $32; 7'6" spread, $95. At The Bailey/Huebner Shop at Henri Bendel.

PICK-UP-AND-GO
Elephant bean-bags: covered in calico cottons. $3 each. At The Hired Hand.
Electronic calculator: 5" high x 2½", weighs less than 7 oz., rechargeable battery or AC operation; adapter/charger included. $39.95. By Texas Instruments.
"Tote-Gammon" detachable backgammon tote: with dice, cups, counters. $22. At Saks Fifth Avenue.
"Zsu Zsa" boat bed: twin sized, lift-up bow for toy and blanket storage. $575. Kit, $375. To order from Bill and Jenny Young or FAO Schwarz, Fifth Avenue. **Sheets:** solid yellow no-iron polyester and cotton sheets by Wamsutta.
Bicycle pump: "Tyre Flayte". $13.50 at Bailey/Huebner at Henri Bendel.
12" high crossword puzzle: $6. By New Approaches. At Brentano's.
Tele-Instamatic 608 camera: 2 built-in lenses, normal 25 mm. and telephoto 43mm, $35.95. Outfit, $39.95, includes wriststrap, flip-flash, 1 roll C110-20 film, instruction booklet. All by Eastman Kodak.
Flipflash: photo flash device contains 8 flashbulbs, needs no batteries, operates vertically. By General Electric.
Potpourri animals: "Tabby" cat and rabbit, $15 each. At Cherchez!

FOOD & PARTIES
Woven and lacquered palm plates: salad, $2.25; dinner, $2.75. In the Bailey/Huebner Shop at Henri Bendel.
Berry spoons: porcelain imported from France. $2.95 each. At Bloomingdale's.
Plaid metal boxes: from $3.50 to $5.50. At The Paper Moon.
Porcelain watermelon: $45; hand-painted slice-of-watermelon box, $24. Both at Cache-Cache Ltd.
Trestle table and bench: natural finish pale wood, all Knock-Down; table, 43" x 28½" x 28½" high, $86; bench, 48" x 14¼" x 18¼" high, $50. From the "Easy Living" Collection by "Domani" Division of Burris Industries.
10-piece wok set: includes wok, wok ring, cover, spatula, ladle, skimmer, brush, chopsticks, rack, Wokcraft cookbook. By Wokcraft. $24.95. At Design Research.
Porcelain fish plates: imported from England. At Bloomingdale's.
Fabric covered match boxes: 2 boxes, 6 refills per package. $6.50. At La Provence de Pierre Deux. ■

HOUSE & GARDEN GREAT AMERICAN IDEA CENTERS

In every issue from now through December, 1976, you'll see a special selection of things for the house that House & Garden has chosen as a salute to the Bicentennial celebration, things you can buy at The House & Garden Great American Idea Centers in the following stores across America. For the third in the series, New Decorating for Beds and Bedrooms, please turn to page 38.

Alabama
Birmingham — Pizitz

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Anchorage — Nerland's
Fairbanks — Nerland's

Arizona
Phoenix — Goldwater's

California
Los Angeles — The Broadway
San Francisco — Liberty House

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Baltimore — Hutzler's

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Minneapolis — Dayton's

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Kansas City — Edward Keith
St. Louis — Stix, Baer & Fuller

Nebraska
Omaha — J. L. Brandeis

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Newark — Hahne & Co.

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Albuquerque — American Furniture

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Brooklyn — Abraham & Straus
Buffalo — Adam, Meldrum & Anderson
New York — B. Altman & Co.
Rochester — Sibley, Lindsay & Curr

North Carolina
Charlotte — Ivey's

Ohio
Akron — O'Neil's
Cincinnati — Shillito's
Cleveland — Higbee's
Columbus — Lazarus
Dayton — Rike's
Toledo — Lasalle's

Oklahoma
Tulsa — Brough

Oregon
Portland — Meier & Frank

Pennsylvania
Ardmore — O'Neil & Bisho
Philadelphia — Strawbridge & Clothier
Pittsburgh — Kaufmann's

South Carolina
Greenville — Ivey's

Tennessee
Knoxville — Miller's

Texas
Dallas — Sanger Harris
Houston — Joske's of Houston

Utah
Salt Lake City — Z.C.M.I.

Virginia
Richmond — Thalhimer's

Washington
Seattle — The Bon Marche
Spokane — The Crescent

Manuscripts
House & Garden assumes no responsibility for unsolicited manuscripts, photographs, drawings, house plans, or uncommissioned material. Material submitted must be accompanied by return postage or a self-addressed, stamped envelope.

eakfasts

inued from page 39

FRENCH TOAST WITH ORANGE ZEST

gs, slightly beaten
p milk
blespoon sugar
aspoon salt
ces bread
p butter or margarine
len syrup
nge zest (slivered orange peel)

deep pie plate combine eggs, k, sugar, and salt and blend l. Dip bread slices into egg ture and coat well on both es. In a frying pan sauté the ad in butter over medium heat il golden on both sides; turn e. Serve with golden syrup and nish with orange zest. 3 serv-s.

EGGS SARDOU

rtichoke hearts
ups hot creamed spinach
ot poached eggs
ups hollandaise sauce
(recipe below)

at artichokes in lightly salted ter. For each serving, spoon ¾ p spinach onto plate. Top with rtichoke hearts and 2 poached gs. Spoon ½ cup hollandaise ace over each serving. Serve mediately. 4 servings.

llandaise Sauce
gg yolks
up fresh lemon juice
ound butter, melted
lt and pepper to taste

the top of a double boiler, beat lks and stir in lemon juice. Cook ry slowly over hot not boiling ater. Gradually add butter, stir-ng constantly with a wooden oon. Season to taste with salt d pepper. Continue cooking wly, stirring, until thickened d smooth. 2 cups sauce.

MENU
Poached Pear
Roast Beef Hash with Tomato
Melba Thin Toasted Muffins
Tea with Milk

OAST BEEF HASH PATTIES

cup cold roast beef, diced
cups cold cooked potatoes, diced
cup onion, minced
teaspoon salt
teaspoon freshly ground pepper
cup half-and-half
tter
slices tomato
tablespoon chopped chives

a large bowl combine meat, tatoes, onion, salt, pepper, and lf-and-half. Make four patties of iform size. Butter 4 ramekins d top with patty. Bake in a 0° oven for about 20 minutes, until top is crusty and brown. p patty with a slice of tomato d a little minced chive. Serves 4.

How active people start the day

continued from page 43

A great cook, DR. LAURENCE MOREHOUSE *Total Fitness in 30 Minutes a Week* makes his own omelette breakfast. Leaves the eggs out overnight so they will be room temperature. Cooks them quickly in sweet butter and sprinkles with ground salt and pepper. He drinks Sanka and low fat milk and eats a piece of Good Stuff bread from Venice, California. DON FELIPE GONZALEZ sprinkles Tio Pepe on his scrambled eggs.

Fruit always starts breakfast for TERRY AND DENNIS STANFILL (he is chairman of 20th-Century Fox). They like blueberries and cream, papayas with strawberries or fresh sliced pineapple. After this Canadian bacon with poached eggs topped with green pepper and chopped chives. Sunday breakfast is special; peaches whizzed in the blender with champagne and a puffed oven pancake cut in wedges:

Mix half a cup of flour and half a cup of milk with 2 lightly beaten eggs and a dash of nutmeg until it is a lumpy consistency. Melt 4 tablespoons butter in a 12-inch skillet, add batter and bake in a medium oven for 15 minutes. Sprinkle with lemon juice and confectioners sugar.

Fresh stewed prunes, which have had wafer thin slices of lemon added during the last five minutes of cooking, served ice cold start breakfast for MRS. GORDON DOUGLAS (she is MARY KRUMING the jewelry designer). Fresh orange juice, poached eggs on rye, and freshly ground coffee with hot raw milk whipped up with a beater complete the meal. Chopped calves liver quickly sautéed in bacon fat and tossed with chopped cooked bacon, green onions, and a sprinkling of thyme makes a favorite breakfast for MRS. JAMES ALLEN BARNETT who adds a dash of Worcestershire sauce, a garnish of lemon and parsley. For fruit, sliced strawberries and oranges blended with a little honey.

Always on a diet BERT GREENE *(The Store Cookbook)* sips a liquid breakfast. In a blender he whips up four prunes, 1 cup skimmed milk, 1 tablespoon organic honey, and 3 ice cubes for 5 minutes. Drinks it along with 4 vitamin pills. His colleague DENNIS VAUGHAN (they run The Store in Amagansett) eats half a grapefruit with a dab of caviar and a dollop of sour cream on top for breakfast each day.

A creature of habit MRS. ALFRED BLOOMINGDALE breakfasts on fresh orange juice, a piece of Armenian pita bread, buttered and toasted, and a cup of black Yuban coffee with wheat germ.

Creamed finnan haddie on an English muffin with fried green tomatoes is a breakfast favorite of ILKA CHASE and her husband DR. NORTON S. BROWN.

Whisking up a *Health Orange* drink for breakfast is the first job for SUSAN HOLLAND who teaches cooking in Washington. To freshly squeezed orange juice in the blender add honey and brewer's yeast to taste (about 1 teaspoon of each) and whiz up. Stir in toasted sesame or sunflower seeds or sprinkle them on top.

At home ARLENE DAHL likes a broiled grapefruit half with brown sugar together with vanilla yoghurt with half an apple sliced on top; tisane, herb tea, or sanka.

When POLLY BERGEN'S on a diet she has a scrambled egg, dry toast, a glass of grapefruit juice, and a cup of coffee with milk. When not dieting she has 2 scrambled eggs, 2 pieces crisp bacon, toast with butter every third day.

Staggering the breakfast hour is popular with designer BONNIE CASHIN who has her first cup of tea at five. Spreads breakfast over two hours with a bowl of Product 19 and wheat germ, tea or coffee at 7:30 and later half a grapefruit.

The tequila boom

continued from page 86

time drinkers was known as a "Perfect." If you use tequila for this splendid drink use 1½ ounces (1 jigger) of tequila and ½ ounce each of sweet and dry vermouth plus a dash of bitters. It's good!

Years ago the Tequila Daisy was a specialty of Hussong's Cantina, in Ensenada, where Pancho the bartender ran up hundreds of them every day for thirsty turistas.

TEQUILA DAISY

2 ounces tequila
1 tablespoon lemon juice
1 tablespoon grenadine
1 ounce club soda

Shake all ingredients vigorously with plenty of cracked ice, and strain into a chilled cocktail glass. It will have a little foam on top from the club soda, a lovely pink color from the grenadine, and a delicious flavor from the combination of the ingredients.

Tequila is especially good in the Mexican version of the ever-popular Bloody Mary, sometimes called Bloody Matador. Because of its natural spicy taste, the drink does not need such additions as Worcestershire sauce, Tabasco, pepper, and so on. A little salt and a bit of lemon or lime juice are sufficient. However, if more heat is needed, add a few drops of the liquid from a tin of *chiles Jalapeñas*—they're hot!

BLOODY MATADOR

1½ ounces tequila
3 ounces tomato juice
1 tablespoon (or more) lemon or lime juice
pinch of salt

Shake well with plenty of crushed ice, and pour over the rocks in an Old-Fashioned glass. Many admirers of Bloody Marys do not realize that the original formula was always shaken well and strained out. Try it next time, and you'll never make it any other way. A drink simply called Matador, uses pineapple juice instead of tomato juice, along with lime juice. It is shaken and served the same way.

Among the most time-honored of all mixed drinks are those called Sours. There are all sorts of formulas for the proportions of sweet, sour, and spirit, but for a good rule of thumb I like 1 part sweet, 2 parts sour, 8 parts spirit. A sour is particularly refreshing made with tequila.

TEQUILA SOUR

½ ounce simple syrup (or bar sugar)
1 ounce lemon juice
4 ounces tequila

Mix ingredients well in a bar glass with ice; strain over ice cubes in an Old-Fashioned glass. Garnish with a wedge of lemon or lime.

Tequila lends itself admirably to Collinses, Fizzes, and Rickeys. Even Juleps, made in the traditional manner with mint leaves and sugar muddled together are most satisfactory. Frozen Daiquiris (Tequiris) are excellent with tequila, as are other rum mixtures.

The mixture of spirits and champagne has a long and delightful history. Cognac and champagne is known as a "King's Peg"; gin and champagne as a "Queen's Peg." So try a new blend for a remarkably good apéritif—"Montezuma's Peg." In a large [illegible] place a lump of ice. Add a jigger (or to taste) of Tequila and fill with iced champagne. It's a beauty in the morning.



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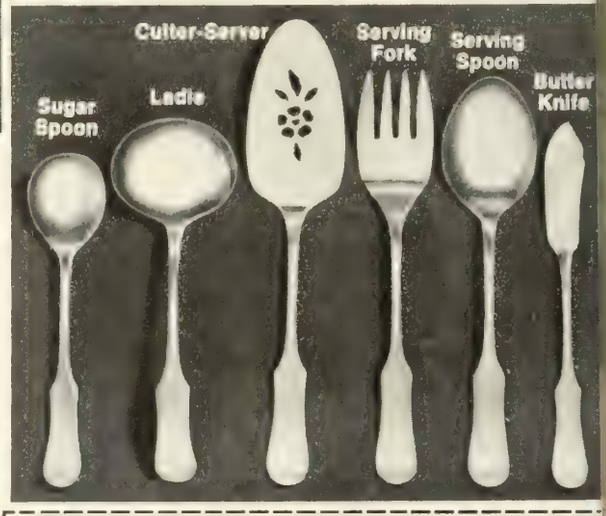
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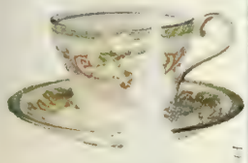
Sheila Goblet,	$18.25
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(5")	$27.50
(3½")	$16.00

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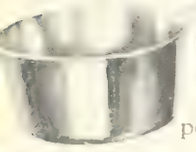
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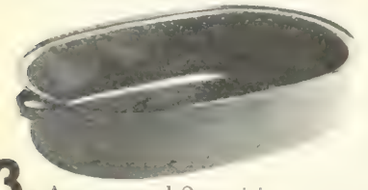
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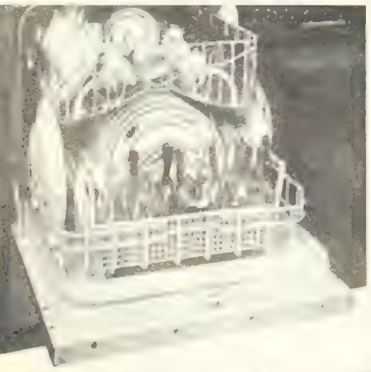
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HOUSE & GARDEN

INCORPORATING **LIVING** FOR YOUNG HOMEMAKERS)

Vol. 147 No. 9



HORST

An all-white living room, a definite color, the beginning of a rainbow. The pillows in clear sherbet tones are punctuation marks in a background for people and contemporary art. Architect Keith Kroeger and interior designer Filippa Naess remodeled this city apartment to be easy with light and air, with color used in many different ways (see page 88). The paintings in the living room are selectively lit from above, sometimes one, sometimes another. They're hung from above so they can be moved. The hearts are by Jim Dine. Over the simplified fireplace (it used to be a Tudor monster) hangs a blue Yves Klein. Mirrored and lacquered tables, like the rest of the furniture in this picture, were designed by Mrs. Naess and Mark Hampton.

SEPTEMBER, 1975

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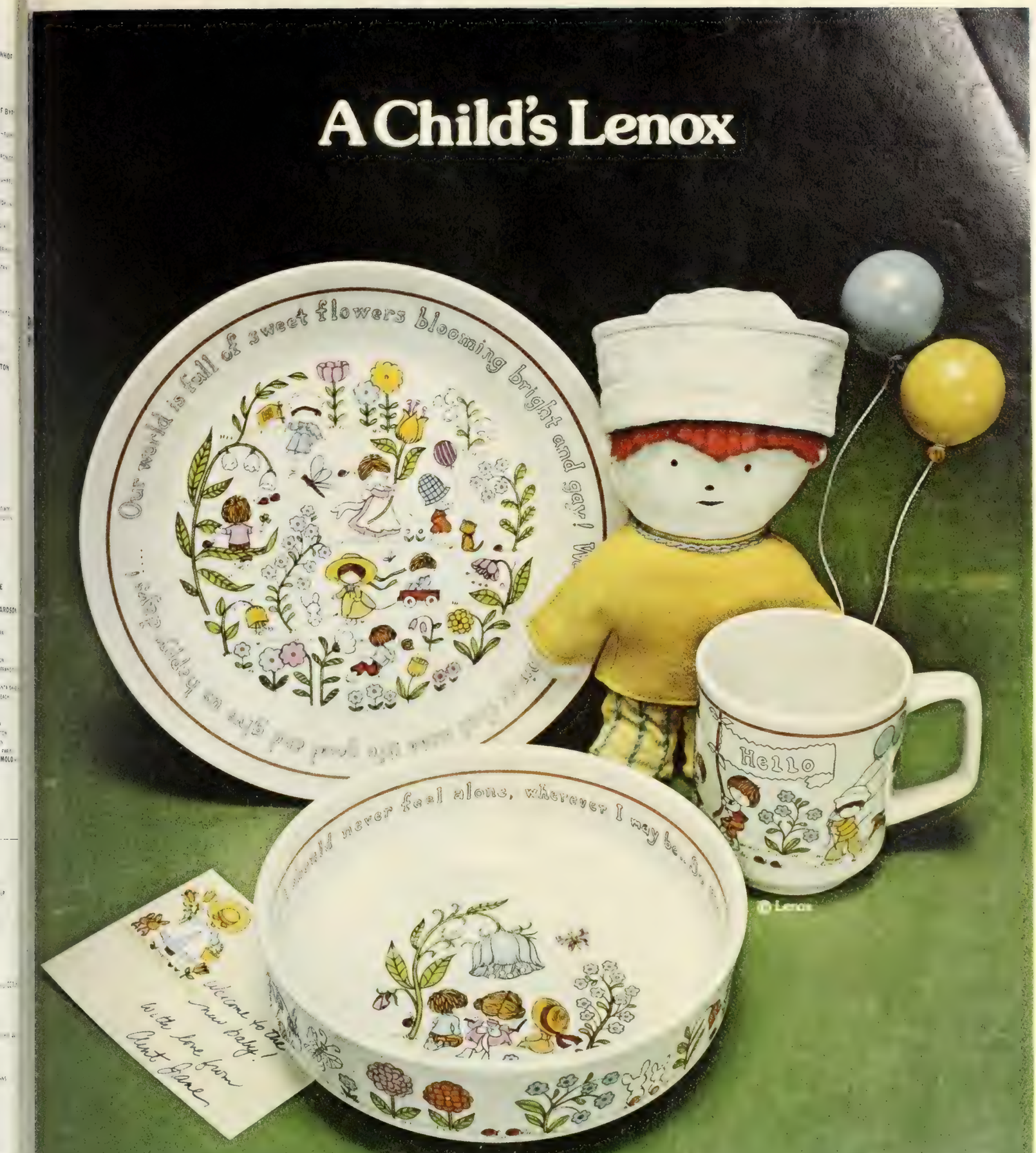
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(continued on next page)



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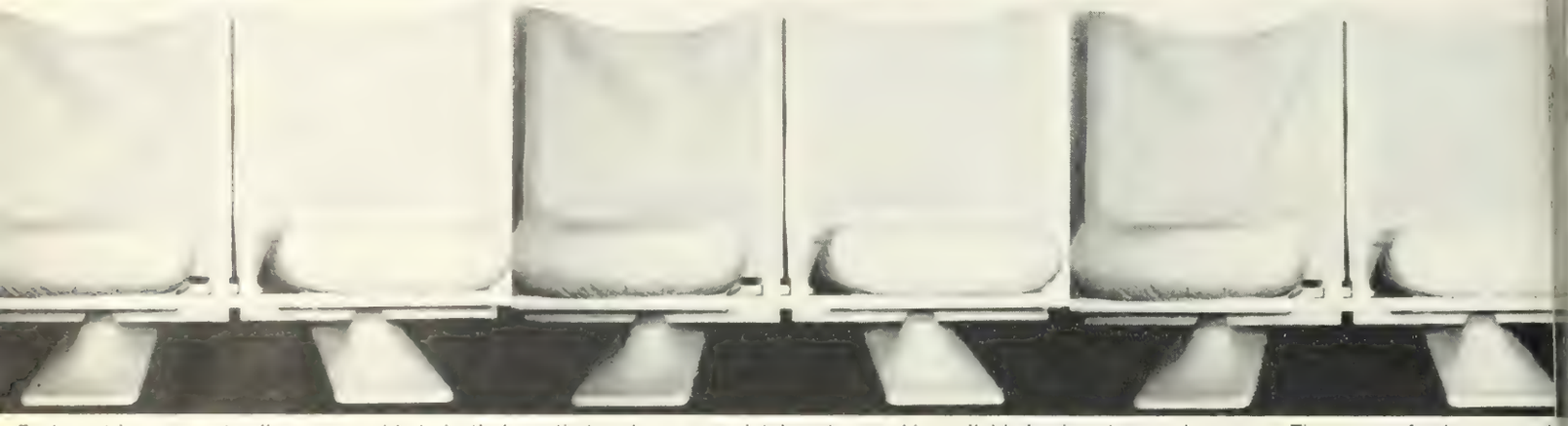
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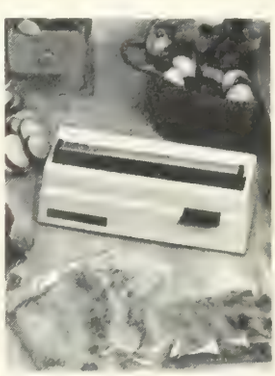
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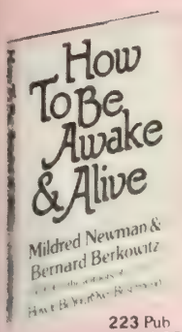
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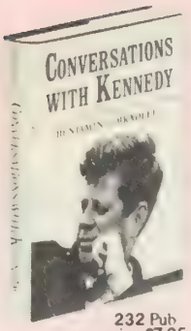
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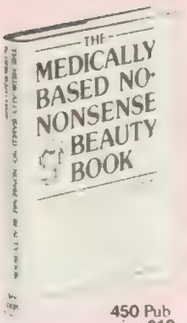
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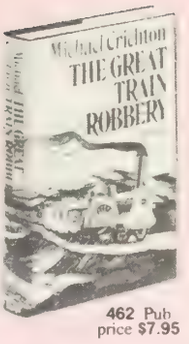
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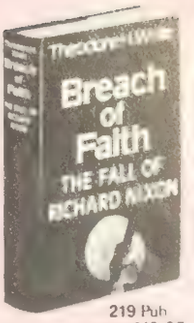
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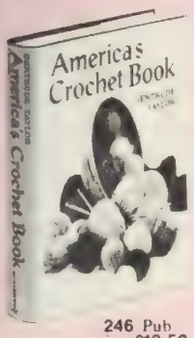
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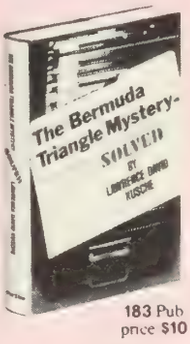
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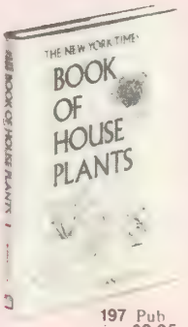
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Do you know everything you should about carbohydrates?

The most effective fuel for muscular exercise. The least expensive source of energy

By Eloise R. Trescher, RD

Carbohydrates, quite simply, furnish energy. And where would we be without energy? Protein, fat, and alcohol also supply energy, but are less economical sources than carbohydrates. Carbohydrates are the primary and most efficient fuel for muscular exercise in humans.

Composed of carbon, hydrogen, and oxygen, carbohydrates have been aiding man's diet for thousands of years. As early as 8000 B.C. the cultivation of wild wheats in western Asia freed man of his dependence on hunting and foraging for other foods. Rice has also been a staple in Asia since early times, while in the Americas ancient civilizations grew maize and discovered the value of legumes and potatoes. Honey, another carbohydrate, was used centuries ago but only by royalty and for ceremonial occasions. Today honey is far better spread—from the covering of bread to the spoonfuls on cereal and in tea.

We get carbohydrates from food. They are widely distributed in the vegetable kingdom, and are the least expensive source of energy. The main sources of carbohydrates are starches, sugars, and celluloses. Below, a more detailed guide to help you find carbohydrates when you need them, which is always.

With such a wide variety of foods from which to choose carbohydrates, it is wise to choose those that provide other nutrients. Whole

Continued on page 20

Sources of carbohydrates



Starches
of all grains, such as wheat, rye, barley, corn, buckwheat, flax, millet, rice, and oats. In foods made from grains as flours, meals, breads, and other bakery products, breakfast cereals, noodles, the Italian pastas as macaroni and spaghetti, and the more American grits and hominy, nuts, soybeans, dry beans and peas, white and sweet potatoes, and other vegetables such as broccoli, carrots, kale, okra, parsnips, pumpkin, and turnips.

Sugars
found in beet and cane sugars, honey, maple and corn syrups, and molasses. In products made from sugar such as jams, jellies, preserves, marmalades, candy and other sweets. In fruits, fresh, canned, and dried; and in fruit juices.

Celluloses,
the husks of cereal grains, and the seeds, skins, and fibrous portions of vegetables and fruits. These indigestible and complex substances furnish bulk and roughage in the diet, and they play an important part in aiding elimination.

Thelma Turkel.
Wife, mother, and Interior Decorator.

A growing number of women are leading essful double lives. Thelma Turkel is of them.

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tee you'll make money, the ICS Decorating program will teach you what you need to know about becoming a successful business woman. You'll learn how to get assignments. How to charge. How to set up your own business. Even what to say to clients who want to bring friends on shopping trips (never)—or to those

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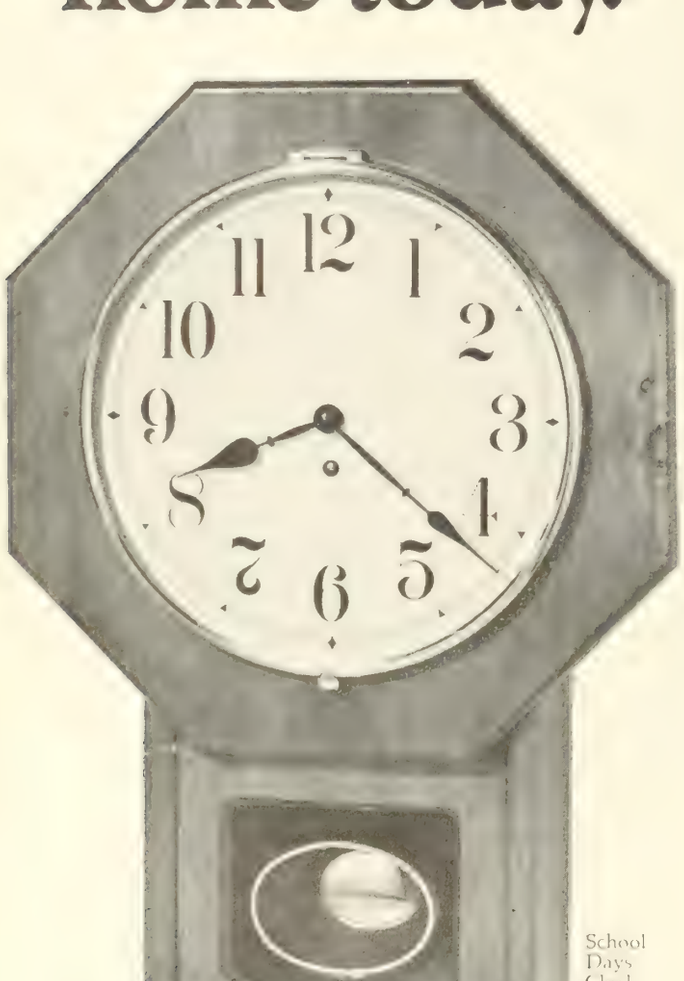
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About carbohydrates

continued from page 16

grains are good sources of protein, carbohydrate, thiamin, riboflavin, niacin, iron, and roughage, and when sprouted they supply some ascorbic acid. Bakery products should be made with whole grain or enriched flour. Flours may be labeled "enriched" when prescribed amounts of thiamin, riboflavin, niacin, an iron are added to replace those nutrients removed in the refining process. Dried beans, soy beans, and peas provide the nutrients of whole grains but contribute more protein and iron.

Sugar, honey, jams, jellies, marmalades, preserves, maple and other syrups are a concentrated source of carbohydrates and add variety to the diet. However, they are often referred to as "empty calories" as their contribution of other nutrients is negligible. Remember this when you are giving your child a sweet snack in the afternoon. Instead of a soft drink or a candy bar, why not peel a banana or make a peanut butter and jelly sandwich? The bread, if it is whole grain or enriched, saves the day nutritionally; the jelly is empty but tastes good. Or keep a jar of a mixture of raisins and nuts. Really delicious, you could use ⅓ raisins, ⅓ nuts, ⅓ chocolate bits.

Other sugars such as sorghum and blackstrap molasses furnish carbohydrates, small amounts of calcium, appreciable amounts of iron, and traces of some of the vitamins of the B-complex.

Fruits and vegetables provide carbohydrates, minerals, vitamins, water, bulk, and roughage in our diets. Most are relatively low in calories. The juices of fruits and vegetables have all the properties of the foods from which they are made, minus bulk and roughage, but they are a more concentrated source of calories. If you are trying to lose weight, why not an orange rather than a glass of orange juice?

Most of the available carbohydrates in our bodies are in the form of glycogen in the skeletal muscles, in the cardiac muscles, and in the smooth muscles. The remainings present in the manufacturing a distributing systems, in the li as glycogen, and in the blood a extra-cellular fluids as gluco Glycogen in the liver is used a fuel, has a protective and detoxi ing action, and helps regulate p tein, and fat metabolism. Starv tion and disease can deprive t liver of glycogen and so destroy defenses against many diseases a companied by toxemias caused certain bacteria.

An adequate intake of carboh drate *spares* protein. Less prote is necessary in the diet when ge erous amounts of carbohydrat are included. When carbohydrat to the liver are limited, fats cann be completely broken down a ketone bodies are formed, whic if in excess of the amounts th can be oxidized by the peripher tissues, accumulate in the bloo High levels of ketone bodies cau acidosis and are toxic to tissu such as the brain.

Ketosis can be caused by hig fat/low carbohydrate diet, b starvation, by glycogen storag disease, by renal glycosuria, b insulin hypoglycemia, in certai conditions where metabolic re quirements are increased such a rapid growth, fever, and cold ex posure and some diseases such a diabetes mellitus.

Amounts of carbohydrates tha can be stored in the body are small but they perform a protective rol in some of the most vital organ such as the heart, the liver, and th central nervous system. Because o the limited amounts of carbohy drates that can be stored in th body it is best to replace them daily, as used. Dr. Robert Good hart of the New York Academy o Medicine suggests that a minimum of 100 grams of digestible carbo hydrate seems wise in order to avoid ketosis, excessive protein breakdown, involuntary water loss or dehydration, and other prob lems.

Any of the following combinations would provide about 100 grams of carbohydrates for a day

I	or	II	or	III
1 pint milk		1 pint milk		1 pint milk
½ cup lima beans		1 banana		1 medium potato
½ cup broccoli		½ cup tomatoes		½ cup carrots
2 slices whole grain or enriched bread		½ cup Brussels sprouts		2 slices whole grain or enriched bread
1 orange		3 slices whole grain or enriched bread		¼ cantaloupe
1 small apple		½ grapefruit		½ cup oatmeal

Continued on page 24

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1963 Sandy Wright as she appeared in a Miss Clairol Creme Formula ad.

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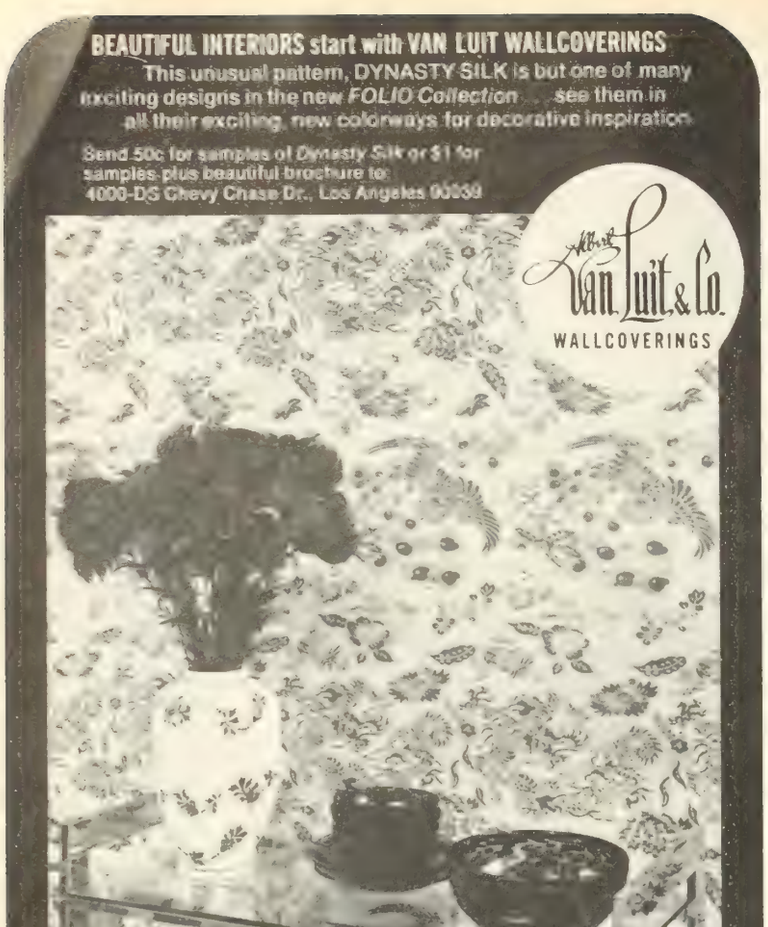
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"Less protein is necessary in the diet when generous amounts of carbohydrates are included"

About carbohydrates

continued from page 20

Include carbohydrates in your diet every day. Choose them by the company they keep. Those that provide additional nutrients are your best choice.

Grains rich in carbohydrates and products made from grains are excellent meat extenders, helping you save on that meat bill while offering many nutrients. I even like bulgar wheat as a breakfast cereal. It is a wheat pilaf that can be purchased at any large grocery store. Bulgar wheat, which was known long before the days of Genghis Khan, has been a staple food of Eastern peoples for many centuries. For dinner I especially like this wheat pilaf recipe from Fisher Mills, Incorporated.

Armenian Kufte

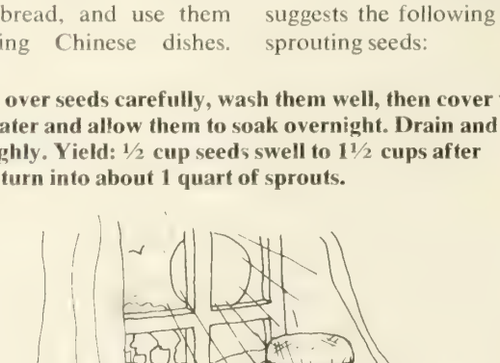
1 cup wheat pilaf, uncooked
1½ pounds ground lamb or beef
1 teaspoon salt
a dash pepper
1 small onion chopped
2 tablespoons finely chopped almonds
2 tablespoons chopped parsley
2 tablespoons currants
¼ teaspoon allspice
3 cups water
1 cup tomato juice
1 packet spices and chicken soup ingredients (found in box of wheat pilaf)

Blend well the pilaf, meat, salt, and pepper. Form into balls (about 18). Make depression in center and stuff each ball with filling made by combining onion, sautéed in oil until clear, nuts, parsley, currants, and allspice. Bring meat around stuffing to seal. Drop gently into boiling water, tomato juice, and contents of packet of spices, and chicken soup ingredients. Cover. Simmer 25 minutes. Remove meat balls and thicken the gravy. Makes 4 to 6 servings.

Sprouted seeds are another carbohydrate that is becoming more popular, probably because they can be used in so many ways. Try them on sandwiches instead of using lettuce, in salads, omelettes, homemade bread, and use them when making Chinese dishes. Many seeds may be sprouted, but those that produce the most delicate sprouts are from mung beans, wheat, and alfalfa.

Miki Bond, a Maryland expert who sprouts just about everything, suggests the following method for sprouting seeds:

Always pick over seeds carefully, wash them well, then cover with lukewarm water and allow them to soak overnight. Drain and rinse thoroughly. Yield: ½ cup seeds swell to 1½ cups after soaking and turn into about 1 quart of sprouts.



Place 2 to 3 tablespoons soaked seeds in a quart jar. Cover the top with cheesecloth. Wrap the jar in aluminum foil and place it on its side somewhere warm and dark. Two to three times a day put lukewarm water in the jar, swirl it around, and pour off excess water. Seeds should be moist but not wet. Sprouts develop in 3 to 5 days. When the first young leaves appear, place in direct sunlight for the development of chlorophyll. Wait 8 hours after last rinsing before refrigerating in a closed container.

There's a little Eve in every woman.



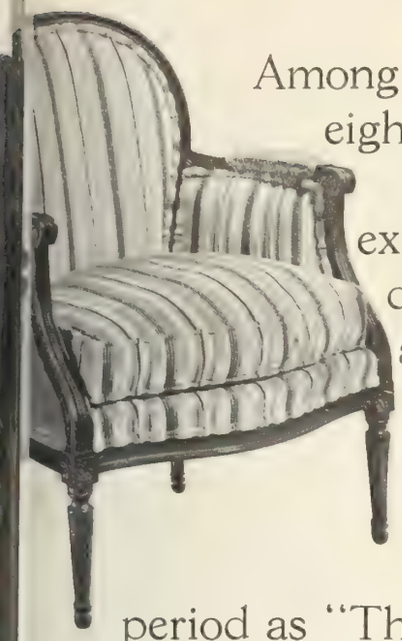
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The Bergère shown above, a most aracteristic form of Louis XVI ating, was first created to permit dies of the day to sit comfortably hile displaying their costumes to ll effect.

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How to cut a task down to your size, get it done and on time

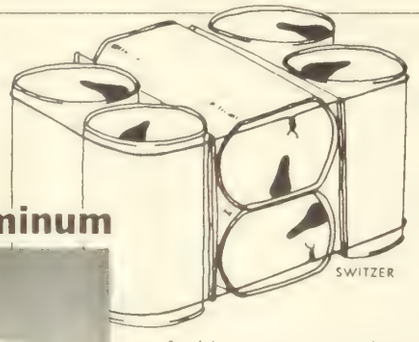
A sure-fire system by Dr. Robert Tyson

Everybody has things to do, work, household, family responsibilities, and we all know that feeling that sometimes it's all too much. Things won't get you down, says Dr. Robert Tyson, if you tackle chores on a two-goal basis. Here he explains a plan that leaves you with a comfortable feeling of satisfaction and serenity at the end of the day.

Face the reluctance and tension of getting down to chores, firmly and squarely. Endure it. In a short time it will give way to real satisfaction.

Here is a simple example of action to achieve a given task. The wife of an executive, who is transferred by his company every few years, learned to face the overwhelming task of packing up and moving house frequently. Once she fixed the moving date, she asked the moving company to send packing crates in advance to the house. She programed packing over three weeks, from Monday to Friday, giving herself a break over the weekends for recreation with the rest of the family. Assigning thirty crates logically for separate collections of household items—the china and glass, linens, books, for instance—she then set herself a specific task for each day. To pack up a group of items and fill two crates. When the task was finished, she went on to more interesting projects for the rest of the day. In this simple fashion she set herself: 1. The distant goal, the total hou packed up. 2. The near goal fo day, two crates at a time. Im ately this process changed he look. The task, when cut do 24-hour size, offers satisfactio job well done at the end of single day. Anxiety is relieved knowledge that this system ge whole job done in time.

Knowledge of results is the e sion for this—having a plan th you know when you've done e and are finished! Industrial ps ogists have compared two grou workers. The first group had duction goal *(Continued on pag*

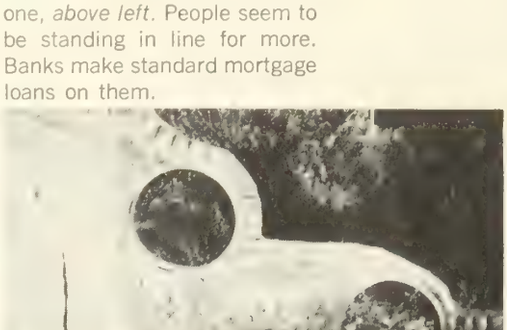


Recycle aluminum



Old aluminum cans are the best trash we have. A ton is worth $300 or more. Recyclers brought back 2.3 billion cans last year to 1,300 centers in 42 states (a list of centers is available from Dept. O, Aluminum Assn., 750 Third Ave., New York, N.Y. 10017), and got paid about $14 million for them. They can be turned back into aluminum ingots for 5 percent of the energy it took to make them in the first place. Soon cities will be saving aluminum, too. Twenty-seven cities have municipal waste-recovery systems planned or under construction, to separate and save metal, glass, and aluminum, and to burn the rest of the trash as fuel to power generators.

Michael E. Reynolds of Taos, New Mexico, has patented another way of recycling for his company, World Energy and Materials. He lays aluminum cans like bricks on either side of a panel of insulation, to build house walls (one example *below*). Or he binds steel cans with wire and cement to make low-cost building blocks, *above*, for bearing walls. He has built eight houses already—that's one, *above left*. People seem to be standing in line for more. Banks make standard mortgage loans on them.



Flattering inexpensive light with salad oil and water

Goodlooking Pyrex holders double as vases or lights filled with water and t with salad oil and floating wicks. Available 5, 7, or 9 inches tall. A pair wit 12-hour wicks is about $6, $7, or $8, respectively. The Un-Candle by Co



TED HARDIN

The Birds

"Birds are far more than cardinals and orioles t brighten the garden," ornithologist Roger Tory Pete son told the Earthcare conference recently held b the Sierra Club and the National Audubon Society t explore the problems and practical choices we wi soon face in keeping the earth, living within an energ income we now know is finite. "They are indicator of the environment, a sort of ecological litmus pape They reflect changes in the ecosystem rather quickly They are an early warning system, sending out sig nals." Are there too few kinds? Something has hap pened to drive off or kill the more responsive one (early coal miners carried canaries to warn them deadly coal gas). Are they all scavengers? Nearb there's pollution, garbage, potential disease. Are ther *no* birds? Then people had better watch out, becaus what is bad for birds is ultimately bad for people

Food time-savers

- Pick all the salad ingredients into a big plastic bag as you wander through the garden—lettuce, spinach, parsley, chives, dill, in bite-sized chunks. Rinse when you get back to the house, put in the refrigerator to crisp until dinner time.
- Use a pressure cooker. Twenty minutes for potatoes, 45 for stew meat straight from the freezer. Less fuel used, less heat produced.
- Freeze chicken stock in ice-cube trays. Two cubes, 2 ripe tomatoes (pe some sour cream, some dill whirled together in the blender make a quick, cold soup for two.
- Small appliances—a hot plate, a broiler, a toaster—frequently save ene well as heat. Consider using one instead of heating up the whole stove.

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Spirit of '76 from Magnavox. Design so authentic, it's been awarded the Early American Society Commendation.

Faithful reproduction—of beautiful design and beautiful music—is a Magnavox tradition. And it was never more abundantly evident than in this heirloom stereo and color TV collection.

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Visit your Magnavox dealer today, and get the Spirit. It's a beautiful way to take pride in America's heritage. And your home. For the name of the dealer nearest you, call 800-243-6100, toll-free. (In Conn.: 1-800-882-6500.)

A. Dry Sink (Model 6564). B. Blanket Chest (Model 6561). C. Queen Anne (Model 6565). D. Spice Chest (Model 6563). *Not in Spice Chest. E. STAR™ System (Model 4885). All cabinets crafted of solid wood and non-wood materials.

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Over the years, we've talked to many women about refrigerators. And one point that almost always comes up is fingerprints on the door. So we decided to do something about them.

Now you can buy a Whirlpool refrigerator-freezer that has a textured steel door. It's strong. It's attractive. But best of all it's designed to minimize the fingerprint problem.

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And of course that's just the beginning of all the benefits you'll enjoy with a new Whirlpool refrigerator-freezer.

Things like: Our Activated Charcoal Filter that helps control odor and flavor transfer from food to food. Handy adjustable shelves for convenient shelving throughout the refrigerator. Crispers with special humidity seals to help keep vegetables from drying out. The Whirlpool easy-to-clean, long-lasting porcelain enameled interior.

And when you combine these with everything else we offer, well, you're talking about one of the best refrigerators ever made.

Whirlpool
Home Appliances

We believe quality can be beautiful.

"Take about ten minutes out of each hour to read, relax, or do something just for fun. Let your muscles go limp in those ten minutes, too"

How to cut a task down to your size *continued from page 28*

set a whole month ahead. The second group had a production goal set one week ahead. You've guessed it. The group with a near goal outproduced the first group by a large margin, and got more satisfaction out of it, too.

How to set your two goals?
Face your particular problems squarely. A pile of unanswered letters? Sort them out. Deal them into a number of piles, on your desk, a table, or on the floor if necessary. Pile 1 will be for the most urgent letters. Pile 3 is for those that can wait. An in-between pile 2 is for those that require action, but not quite as urgently as the first pile.

Put each pile into a separate large envelope with its number on it and the number of letters it contains. Make a good guess as to how many of the letters in the first envelope you can take care of today, tomorrow, and the next day. Each day do that day's "assignment." And each day notice carefully the amazing rewards that come from *knowledge of results!*

If you have work to do, household chores, a closet to sort out, letters to write, a book to read, whatever there is in your special collection of things to do: Face it, analyze it, sort it out, and assign a reasonable portion of the job for each working day. Perhaps you'll want to use more envelopes, a file drawer with folders, or boxes into which items or slips of paper can be sorted. A large desk calendar will let you jot down your "assignments" and come to them in due time.

Notice that a lot depends on the *difficulty* of each obligation. You can do a lot of simple pieces of work in one day, but perhaps only a part of a big task in each 24-hour period. The two-goal plan is truly magical in its effects. It will let you live in 24-hour compartments that are a set-up for earning relief from your commitments and obligations. Literally, it lets you be a success every single day.

Finally, some guidelines to the two-goal system.
Before you start each day, get organized. Assemble at your desk or other place of work all the things you'll need: supplies, stationery, stamps, sewing items. Arrange a good light, too. This will help you avoid wasting time getting up and searching. If you can manage to do so, work in the same place every day. The same chair, the same desk, and the same room help you get in the mood for tackling things. Don't force yourself. Except in an emergency, be a good "boss" for yourself. You're a human being, not a machine to start and keep going at the pressure of a button. Machines usually don't need a rest, but you do. A grim stick-to-it-through-thick-and-thin attitude may sound noble, but it will weary you, wear you down, and get you into a state of mind that actually obstructs your efforts.

To be efficient, you simply must take time out. Plan your rest p riods in advance. If your work easy, pleasant, and smooth-flowin perhaps you won't need to both with formal rest periods. Howeve if it's more difficult, take about te minutes out of each hour to rea relax, or do something just for fu Let your muscles go limp in tho: ten minutes, too.

Take tabs on incoming task As each new job, letter, or oth obligation comes your way, make habit of jotting it down on a pa you keep with you—one job on page so it will be easy to take ca of. Then transfer your note to day on your calendar, or put it in file folder or an envelope or bo depending on what system you lik best. As you do this, pay particu lar attention each time to the eno mous comfort of knowing that eac obligation has its place in you schedule, and that you can tak care of it at the right time.

So as you can see, you *can* reall get things done. ■

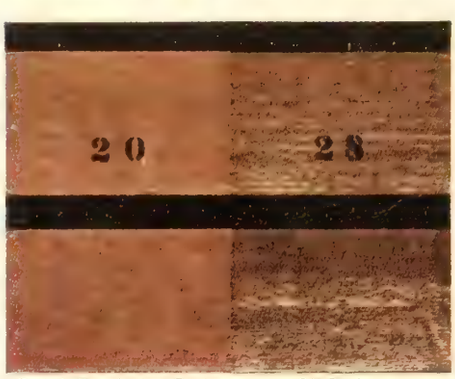
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At the Dutch Boy testing fields oil stain and Dutch Boy Latex Stain had a duel in the sun, wind, and freezing cold for 3 years. Look at the pictures of the actual boards and judge the results for yourself.

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Quality. The endangered species.

his country may be in danger. We could be sing something we can't afford to lose.

Once, when a man produced a product it as the best he could possibly make. He stood ehind it with pride. He lived a simple idea: Do right or don't do it at all. Nobody told him that. o government agency dictated it. And it built a andard of living for all the world to aim at.

Now that idea is threatened. Today that ride in workmanship, in the quality of things, is danger of slowly slipping away.

However, there are companies, actually any companies, that are working harder today an ever before to preserve quality in everything ey make.

We feel that Whirlpool Corporation is such company. And we feel it so strongly that we ave dedicated our entire company to the pres-rvation of quality. And that means more than st making quality dishwashers, dryers, auto-natic washers, refrigerators, freezers, ranges, compactors and air conditioners. We mean quality in everything we do.

That's why in 1967 we initiated our Cool Line service. Toll-free help that's available to you anytime. Just call with any questions or problems you might have concerning any Whirlpool appliance. The number is 800-253-1301. In Michigan, 800-632-2243.

That's why we have a Quality Control Department that assures you of appliances you can count on. Day in and day out.

That's why we have a simplified letter warranty that's easy to understand, easy to use.

That's why we have Whirlpool Tech-Care service. A franchised service network which means all the help you ever need is usually no more than minutes away.

Yes, quality may be endangered in many places. But at Whirlpool we simply won't let it die. It's too important.

And it means too much to all of us.

Whirlpool
Home Appliances

We believe quality can be beautiful.

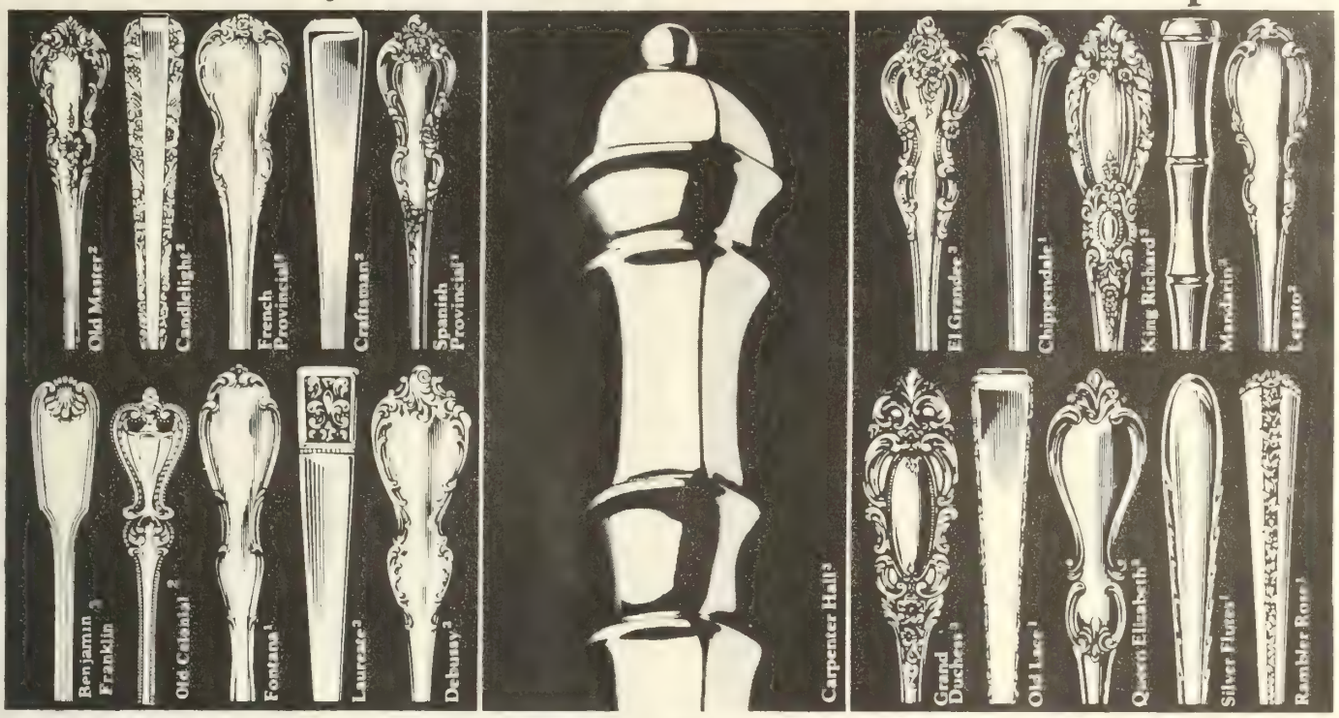


The Playpen
It's not for everyone

It's for people who lead their lives their own way—in style and comfort. People who are glad they're grown-up. Superbly constructed for extra softness with cushion-within-a-cushion seats and plump, wedge-shaped backs, this Selig original takes up no more space than a standard sofa, table and pair of chairs. Designed for easy living, the Playpen can be arranged and rearranged to suit any mood. The armless chairs, corner sections and ottomans with casters recombine beautifully to create sofas, loveseats, sectional, or individual seating. Separately, or together, the ten pieces look as good as they feel. And will stay good looking because they're treated with SCOTCHGARD Velvet Protector, which means that watery and oily stains can be blotted away. Deep stains can be spot cleaned easily, leaving the fabric smooth and fresh looking. Covered in plush 100% cotton velvet, the Playpen comes in thirteen lucky colors. Look for it at fine stores near you. For our Folio of Contemporary Designs send $1.00 to Dept. 9-HG, Selig, Leominster, Massachusetts 01453.

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ITEM	GROUP I REG.	GROUP I SALE	GROUP II REG.	GROUP II SALE	GROUP III REG.	GROUP III SALE
32 Piece Ser. For Eight	$880.00	$586.70	$1004.00	$669.37	$1128.00	$752.04
Teaspoon	20.00	13.33	23.50	15.67	27.00	18.00
Place Fork	32.00	21.33	36.00	24.00	40.00	26.67
Place Knife	30.00	20.00	34.00	22.67	38.00	25.33
Salad Fork	28.00	18.67	32.00	21.33	36.00	24.00
Place Spoon	28.00	18.67	32.00	21.33	36.00	24.00
Spreader	20.00	13.33	23.50	15.67	27.00	18.00
Iced Bev. Spoon	25.00	16.67	29.00	19.33	33.00	22.00
Place Fork, Large	41.00	27.33	46.50	31.00	52.00	34.67
Place Knife, Large	36.00	24.00	40.00	26.67	44.00	29.33

SERVING PIECES

ITEM	GROUP I REG.	GROUP I SALE	GROUP II REG.	GROUP II SALE	GROUP III REG.	GROUP III SALE
*Butter Serving Knife (H.H.)	$ 25.00	$ 18.75	$ 27.50	$ 20.63	$ 30.00	$ 22.50
*Cold Meat or Buffet Fork	58.50	43.87	64.00	48.00	69.50	52.13
*Gravy Ladle	58.50	43.87	64.00	48.00	69.50	52.13
Pie or Cake Serving Knife	30.00	22.50	35.00	26.25	40.00	30.00
*Sugar Spoon	29.50	22.13	32.00	24.00	36.00	27.00
*Tablespoon	53.50	40.13	60.00	45.00	66.50	49.88
*Tablespoon, Pierced	53.50	40.13	60.00	45.00	66.50	49.88
*Hostess Set	$278.50	$208.88	$307.50	$230.63	$338.00	$253.52

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_____	of _____	@$ _____	each $ _____
_____	of Hostess Set	@$ _____	each $ _____

Name _____

Address _____

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FAIRBANKS

House of Flowers
544 Third Avenue (99701)
Phone: 452-1781

PALMER

Mantanuska Valley Flower Shop
728 South Alaska Street (99645)
Phone: 745-3913

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GLENDALE

Glendale Floral & Gift Shop
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Phone: 931-2416 & 937-7543

PHOENIX

Fordyce Flowers & Gifts
15215 North Cave Creek Road (85032)
Phone: 992-4710

Payne & Morrison Florist
3526 West Glendale Avenue (85021)
Phone: 939-9778

Phoenix Flower Shop
5012 East Thomas Road (85018)
Phone: 959-1200

TUCSON

Harlow's Flowers & Gifts
5620 East Pima (85712)
Phone: 298-3303

CALIFORNIA

ANAHEIM

Carmen's Flower Shop
1215 W. Lincoln Ave. (92805)
Phone: 535-4997

BERKELEY

Berkeley Artists & Florist
1770 Solano Avenue (94707)
Phone: 524-6333

Lee's Florist & Nursery
1420 University Avenue (94702)
Phone: 843-0502

BURBANK

Donna's Florist
151 South Glenoaks Boulevard (91502)
Phone: 848-6655

CARLSBAD

Carlsbad Florist & Gifts
1207-D Elm (92008)
Phone: 434-1073

ENCINO

Adam's Apple
18013 Ventura Boulevard (91316)
Phone: 996-1212

FULLERTON

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Phone: 526-8389

GLENDALE

Walters Flowers, Inc.
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Phone: 246-1706 & 245-8831

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Half Moon Bay Florist
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Phone: 726-9424

HUNTINGTON BEACH

Harbour Floral
15752 Springdale Avenue (92649)
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LAFAYETTE

Floral Arts Florist
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Phone: 284-5765

Orchard Florist & Nursery
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Phone: 284-4474

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Atlantic & Fifth Florists
455 Atlantic Avenue (90812)
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A Blooming Business
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OAKLAND

Postag's Florist
5619 College Avenue (94618)
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The Redwood & Acorn Florist
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PASADENA

Roma's Flowers
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Maloney's Floral Shop
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Phone: 932-2880

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Riverpark Flowers & Gifts
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Phone: 663-4660

How to watch your watts

Controlling your light bill

By Sandra Oddo

A penny saved is a penny earned—or at least it used to be. Nowadays, as electric bills go up and up, a watt saved is more than a penny earned. Nearly a quarter of the energy spent in the U.S. goes for residential uses. It would be a lot easier for us to cut our own electrical expenditures and conserve some of that energy if there were a reasonably simple formula by which we could figure out which appliances cost what, in energy.

Well, there is, a three-step process that starts with the plate screwed into some unobtrusive place on every electrical appliance you have. Here goes:

1. The plate lists voltage and amperage for the appliance. If you multiply one by the other, you get the wattage that the appliance uses. For example, a blender might say "115 volts, 3 amps." The blender, therefore, uses 345 watts of power.

2. To get the kilowatt hours—the figure you are charged for—you divide the wattage by 1000, then you multiply it by the number of hours you used the appliance. To take the blender again: 345 watts divided by 1000 is .345. If you used the blender 2 hours this month that means you will be charged for .690 kilowatt hours (.7 to round it off) of electricity.

3. Multiply the kilowatt hours by your electrical rate—say 9¢—and you have how much your blender cost to run: 6.3¢.

If all that arithmetic seems a bit much, here are two substitute aids, a rule of thumb and a table. The rule of thumb: When electricity turns to heat or cold—in a radiator, a range, a clothes drier, a refrigerator—it is expensive. When it turns a motor—a mixer, a blender, a washing machine—it is cheap.

The table: a list of wattages and costs (based on 9¢ a kilowatt hour) for appliances and uses. Your own may differ because of size, horsepower, or patterns of use, but by comparing you can figure out where your electricity is going.

APPLIANCE	COST	WATTS	KILOWATTS A YEAR
Blender	*6.3¢ a month*	350	8.4
Broiler	*12.8¢ an hour*	1436	76.5
Can opener	*negligible*	110	1
Coffeepot	*8.1¢ an hour*	894	108
Hot plate	*10¢ an hour*	1100	365
Mixer	*.2¢ an hour*	120	13
Microwave oven	*13.5¢ an hour*	1495	190
Toaster	*.5¢ per use*	1146	39
Drier	*$7.74 a month*	4856	1032
Range with oven	*$1.20 an hour*	12,200	1175
Range, self-cleaning oven	*$1.30 an hour*	12,200	1250
Refrigerator/freezer, 14 cu. ft.	*28¢ a day*	326	1137
Refrigerator/freezer, frostless, 14 cu. ft.	*45¢ a day*	615	1829
Freezer, 15 cu. ft.	*29.3¢ a day*	341	1200
Freezer, frost-free, 15 cu. ft.	*43.5¢ a day*	440	1764
Washer	*81¢ a month*	512	108
Electric baseboard heat, average house	*$144 a month*	10,000	19,200
Air conditioner 8000 BTU	*8¢ an hour*	850	860
Electric blanket	*1.6¢ an hour*	180	150
Portable heater	*43¢ a day*	1500	176
Record player (tube)	*1.3¢ an hour*	150	90
Record player (solid state)	*.5¢ an hour*	60	36
TV, b/w (tube)	*1.4¢ an hour*	160	350
b/w (solid state)	*.5¢ an hour*	55	120
color (tube)	*2.7¢ an hour*	300	660
color (solid state)	*1.8¢ an hour*	200	440
Iron	*10¢ an hour*	1100	144
Sewing machine	*.7¢ an hour*	75	11
Shaver	*negligible*	15	2
Toothbrush	*negligible*	7	6
Vacuum	*7.5¢ an hour*	840	50

Figures from Consolidated Edison and Environmental Energies, Inc.

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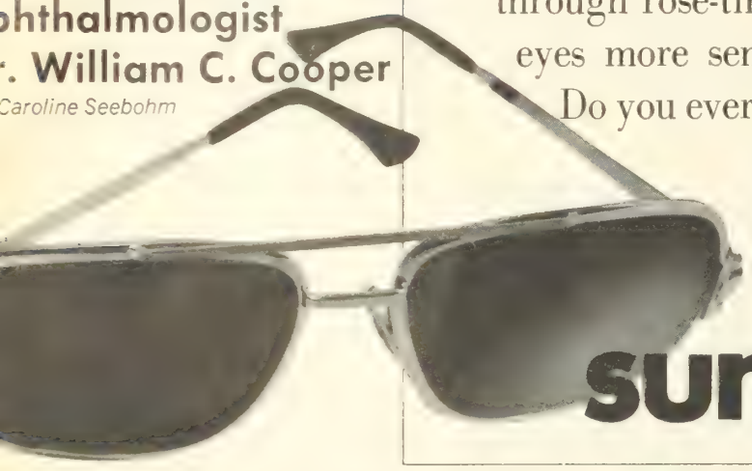
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Pennsylvania House CENTRAL PENNSYLVANIA YESTERDAY TODAY and TOMORROW

ews, surprises,
nd advice from
phthalmologist
r. William C. Cooper

Caroline Seebohm



Do you really want to see the world through rose-tinted spectacles? Are blue eyes more sensitive than brown eyes? Do you ever experience indoor glare?

How, why, and when to choose sunglasses

Most people own a pair of shades these days, whether for glamour, for anonymity, to intrigue people, to separate you from the world, to conceal wrinkles, or—their original purpose—to protect your eyes from glare.

The main question about sunglasses today is what color to choose, how dark, and when to wear them. And now here's a surprise. "It used to be felt that certain colors, the pinks and the blues for instance, were not only not helpful, but harmful," says Dr. William C. Cooper, Assistant Professor of Ophthalmology at Columbia Presbyterian Hospital and in private practice in New York. "This is no longer felt to be true. The lighter tints filter less and are therefore less effective, but we no longer believe that they are harmful.

"Wearing tinted glasses depends upon the environment in which you wish to wear them. At the beach, on the water, or skiing, where the glare is particularly strong, a very dark tint is required. For normal city wearing, where there's a great deal of shadow and not a lot of direct or reflected light, then such a dark tint is not necessary.

"The amount of tint is registered by the percentage of filtration of light—*and for very bright light, as at the beach or on ski slopes, upwards of 85 percent filtration is required to get glare protection.* This is a very dark tint—so dark that you cannot see a person's eyes through the glasses, and so dark that you cannot wear them indoors without groping your way around.

"And this is where choice of color is important—the only two colors that will tint this dark are browns and grays. The other colors cannot be as densely tinted, so are unsuitable for very bright glare." (Gray also most accurately reproduces the actual color spectrum. American Optical's line of gray lenses is called "True Color."

The obvious conclusion one draws from this is that we should all have two pairs of tinted glasses —one very dark pair for the beach, for sailing, or for skiing and one lighter pair for everyday wear. Wonderful science has almost solved this problem for us, however. The latest sunglass discovery on the market is the photochromic lens—a glass that is impregnated with a photo-sensitive substance so that when light strikes the lens it darkens. These lenses come in degrees—a lesser amount of tochromic substance in one m it wearable indoors and out when light is not too bright; there's a stronger photochr lens that can be used exclus outdoors, going from a me tint to a very dense tint. (These lenses, however, cannot achieve the 85 percent filtratio quired in very bright glare they do not give perfect pr tion.)

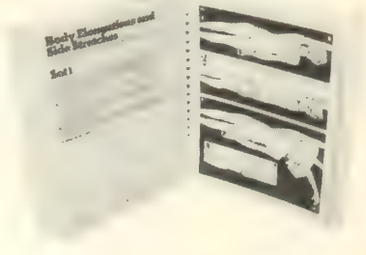
One of the most dramatic provements provided by these photochromic lenses is in the of indoor glare—particularly rescent. "Most people who plain of indoor lighting difficu are suffering from fluores glare," says Dr. Cooper. "Ph chromic lenses have been helpful for this, and for in glare of any kind, because as amount of glare intensifies, th gree of tint in the lens incre Pale tinted glasses in any color also help prevent this kind of g —even the pinks, blues, greens."

So those delicately hued gla people are attracted to have s therapeutic as well as cosmetic But do be careful about what c you choose for your tint. W may look a wonderful match your wardrobe may do strange things to your mind. I experiment on a mink farm Cary, Ill., it was found that minks exposed to light throug deep pink glass became increas ly aggressive, difficult to man and in many instances actually cious. Whereas when some of minks were placed behind c blue plastic they became frie and docile. "The psychiatric lit

Continued on page

The first book you can read as you do your exercises

Frank Wagner, head of the Jazz Department at New York's International Dance School at Carnegie Hall has come up with an exercise program that you do entirely on the floor—and his book *Body Works* (Crown, $12.95), is designed specially with a built-in easel to prop it up, so you can read and look at the pictures while you're at it. Almost makes you feel Mr. Wagner (also director of Body Works salons at Bergdorf Goodman and exercise instructor to dancers here and in Europe) is with you in the room as you exercise.

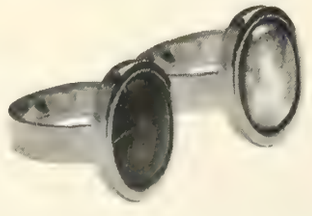


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It's light, it's slim enough for pocket or purse, and it's specially designed to help stop you mixing up your lenses (one lens goes in one container, then turn the case over for the other container). This *Lensgard* carrying case is made specifically for the new contact lenses, which must be stored in a saline solution—the screw caps prevent leakage. From Bausch & Lomb.



A RING THAT CHANGES COLORS WITH YOUR MOODS

Here's an intriguing new ring that changes color. It varies from onyx, to amb topaz, jade, emerald, turquoise, lapis, and sapphire according to the sk temperature of your hands. And the changes, according to its inventor, M Joshua Reynolds are linked to your state of mind and emotions. The deep blue the ring becomes, the more relaxed and happy you are apt to be. turns topaz if you are concentrating or under slight tension, onyx if y are extremely preoccupied or a little harassed. Explains Mr. Reynol who has named the ring the "moodstone": "Skin temperature reflects t activity of the nervous system and relates to mood and patterns going on the brain." He finds biofeedback subjects particularly eager to wear it, monitor their general state of calmness and serenity. The ring will soon be Bonwit Teller stores across the country, $45 in sterling or vermeil. By Q-Tra

The 18 colors of Naturally Blonde are the blonde colors found in nature.



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The Martex Master Plan. It started i



Wherever you are, whatever part of the house you're in, take a moment to look around you. And imagine how The Martex® Master Plan could transform the room you're in.

In the bedroom of course, your options are a bit more expected.

After all, The Master Plan did begin with sheets, pillowcases, bedspreads and comforters.

The Nature of Bakuba, our latest collection from The Design Works of Bedford Stuyvesant, makes the bed itself the focal point of this bedroom.

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Out of the bedroom? The Nature of Bakuba includes enough colors, patterns and—most important—combinations of these colors and patterns, to carry off any look you desire.

Here it brings a feeling of the outdoors to a greenhouse-dining room. But our jungle print could bring this same feeling to any closed-in space you choose.

If you're standing in your living room or den, perhaps what we've done here may kindle your imagination. You can turn a day bed into a cozy couch by slipcovering it with a quilted bedspread. Surround it with lots of pillows. And tie it all together with tall fabric-covered screens.

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ne bedroom. But it didn't end there.



"If you are near-sighted, you are likely to be more light-sensitive than a far-sighted person—near-sighted people's pupils are larger and therefore gather more light"

How, why, and when to choose sunglasses *continued from page 40*

ture is filled with reports that red is a vibrant, stimulating color," says Dr. Cooper. "Blue is more placid and soothing."

Which brings us to the next question—plastic or glass? The Federal Government now requires *all* lenses be impact-resistant, but this means glass has to be specially treated, making it heavier. Perhaps you will be able to choose from looking at this chart:

GLASS		PLASTIC	
Advantages	**Disadvantages**	**Advantages**	**Disadvantages**
Cheaper Doesn't scratch	Heavier Less accurate prescription*	Very light More accurate prescription*	Scratches easily More expensive

*Prescriptions can be made more accurately in plastic lenses because they are molded in the lens, whereas glass lenses are ground, and the grinding process is less accurate.

Having decided what color to choose, and whether to have them in plastic or glass, the next question is, how big? "The eye, when wearing spectacles, gets accustomed to the size lens that the eye is continually exposed to," explains Dr. Cooper. "And the size of these lenses is usually governed by the frame one chooses to wear. The lenses are made from a base curve to which the eye gets used. Now, if you dramatically change the base curve of the lens you wear, even if the prescription is not altered in any way, you may have a great deal of difficulty in adjusting to this new base curve." In other words, if you put on very large glasses after being accustomed to small ones, you may become nauseated, dizzy, and unhappy. If you stick with them, and don't change back, then the eye can adjust. But be consistent.

The size of your glasses depends, of course, on the frame you choose. If possible, try on several types of frame in front of a full-length mirror—look for a shape that complements your facial structure. Try smiling with them on to see whether they hit your cheeks or ride up. Look down to the floor to see if they ride down your nose. If so, they need adjustment. If you are going to use them for sporting activities or driving, check to see that the peripheral side vision is good.

For those who wear contact lenses, the same rules about tint apply as for glasses. Dr. Cooper almost always prescribes tinted contact lenses for two reasons: "One, they are easier to see if they get lost; and two, because people who wear contact lenses are usually light-sensitive at first, since they are not accustomed to them—so a small degree of tint is helpful. A light tint can be worn indoors or out, the very dark tints can only be worn outdoors and must be changed as soon as you come inside."

One more tip—if you are near-sighted, you are likely to be more light-sensitive than a far-sighted person, because generally speaking, near-sighted people's pupils are larger and therefore gath more light.

Special note for blue eye

Did you know that blue eyes we the most sensitive? Not only *light*—because they contain le pigment than brown eyes and car absorb so well—but also to *touc* An ophthalmologist in a survey Great Britain recently found th the corneas of those with blue ey are more sensitive to touch tha those with brown eyes (thus co firming what has been suspected b doctors fitting patients with co tact lenses). So, combining all th together, what have we got? Blu eyed, near-sighted people are th ones who *really* need good su glasses to protect them from glar

If you would like a free bookle Sunglasses and Your Eyes, *a co sumer guide presented as a publi service by Bausch & Lomb, wri to: Bausch & Lomb, Inc., Dep 3506-5, 1400 North Goodma Street, Rochester, N.Y. 14602.*

For new beauty and health produc in the stores, see page 48.




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HOUSE & GARDEN COLORS IN CARPETS

Discover all the wonderful ways you can decorate with carpets in the new House & Garden Colors for 1976. Pick a carpet color you like and plan your whole room from the floor up. Refresh a room with a rug or carpet in one of the new color mixes. Use carpeting to pull small rooms together or to set off areas in a large room. Upholster seating platforms in the same carpeting you have on the floor. There's no end to the ingenious ways you can introduce color, texture and pattern into your rooms!

On page 66 is information on where to send for your own set of 1976 House & Garden Color Chips. This month, the fine stores listed below will prominently display a selection of carpets and rugs from important mills, exactly matched to House & Garden Colors. Visit one of these carpet specialists in your community for helpful color advice and suggestions for selecting the right floor covering for you.

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CarpeTalk, Dayton, Ohio
Carpet Land, Munster, Indiana
Davis Carpet, North Reading, Massachusetts
Diener's, Brentwood, Maryland
Einstein Moomjy, Paramus, New Jersey
Franey Floor Coverings, Visalia, California
Paulson's Carpets, Portland, Oregon
Pedian Carpets, Lincolnwood, Illinois
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Cathay is woven by hand in India...with rich woolen yarns (moth-proofed). And true-color dyes. It takes a lot of time to create a masterpiece like this. Cathay...the one worth waiting for. See Cathay at a fine store near you.

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How Much Younger Could You Really Look?

Aren't you sometimes curious? You've taken good care of yourself over the years. You've learned exactly the kind of clothes that look right on you. You've experimented with different kinds of makeup so you know how you like to look during the day and on special evenings out. But it's quite possible that you may not yet have discovered a special secret for looking as young as you possibly can.

Now may be the moment for you to discover the beautiful benefits of a mysterious beauty fluid,



known to enlightened women in many different parts of the world, who have experienced the delights of looking as young as they can, whatever their age. This unique beauty fluid is known in the United States as Oil of Olay beauty lotion.

Find out for yourself the happy results of Oil of Olay, discovered by beauty connoisseurs. Let your skin drink in the skin-loving liquid. A profusion of pure moisture, along with tropical oils and other emollients, goes to work almost immediately to gentle away dryness. It's dryness that accentuates aging little lines and wrinkles that often make you look older than you'd like. You'll be astonished how completely and quickly Oil of Olay penetrates the surface of your skin (the part of your skin the world sees), bringing a smoothness, radiance and a look you once had and probably never expected to see again.

Oil of Olay works with nature in a mysterious way to help maintain your skin's delicate oil-moisture balance, needed if you're to look your youngest. It not only acts like natural moisture in alleviating dryness. The fluid actually helps keep your own moisture in your skin so it can work beautifully against dryness.

Let Oil of Olay (from your drugstore) work its wonders for you, by making it a regular part of your grooming ritual. Faithfully each morning, either under makeup or to let your complexion live in its own moisty, misty climate. Faithfully before bedtime, to work beneficially during the nocturnal hours. And any other times during the day when you'd like dryness eased.

Aren't you curious to see how you might look your youngest? Oil of Olay may well answer that tantalizing question.

Beauty Secret

Oil of Olay® is too precious to waste. When you've smoothed it on your face and throat, use leftover drops on your elbows or any other dry area crying out for attention.

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BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

FRANCES DENNEY . . . Colors . . . Colors . . . 7 gets you 49 and more with the new *Eye Polish Shadows.* Seven creamy eye-shadows to use alone or blend with each other so perfectly you can make your own special colors as you need them. The basic palette is Pottery, Soft Taupe, Smokey Green, Shimmery Silver, Lemon, Blue Violet, and Aquamarine—the combinations are almost endless! Right now you can get a collection of mini-pots of the seven colors for $6 with a purchase of any other Frances Denney product. Regularly ½ ounce, $4.50 each. At Lord & Taylor; Foley's; Marshall Field.

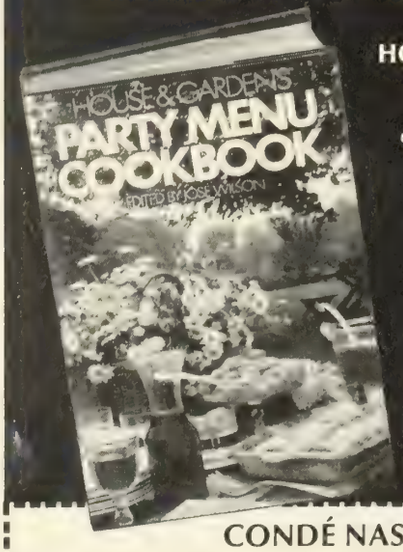
MAX FACTOR . . . More numbers games . . . five indispensable *make-up applicators* conveniently put together make three valuable tools to use everyday. One's a soft, fluffy blusher-brush. The other two are: eyeliner-brush matched with brow-brush, and shadow-buffer matched with a shadow-brush. Clear and simple, for just $1.95. At cosmetics counters in drugstores, department stores, and supermarkets throughout the United States.

CLINIQUE . . . Oil-free liquid make-up that's great for every skin type. *Pore-Minimizer Makeup* gives a soft, velvety, matte finish a tends to absorb excess oil from t surface of normal and oily ski When used on dryer skin, it's good idea to moisturize first, usual. Extra smoothness for ever one comes from a slight buffi with a tissue after the liqu foundation has dried. In fo shades, Cream Beige, Natur Buff, Honey Beige, and Tawn 2 ounces, $7.50.

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ZANADU . . . A New set of frame for your glasses can give you whole look a great lift. The ne *Optyl "Animals"* are large-ey frames in four shapes and eleve great colors that range from subtl earth tones to robust reds, browns even a paled silver. The glasse are lightweight and once properl fitted will never change thei shape. At eye-care specialists an optometrists.

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Julius Caruso



The first thing people notice about you is your hair.

"Your hair grows up to ½" a month. By the time it's 6" long, it's one year old. If you're wearing it shoulder length, you've been wearing the same hair 2½ years. That's a lot of wear and tear.

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And it adds a beautifully healthy shine.

condition* is more expensive than other conditioners, but it's a small price to pay to keep your hair looking young.

After all, if your hair looks young, isn't that half the battle?"



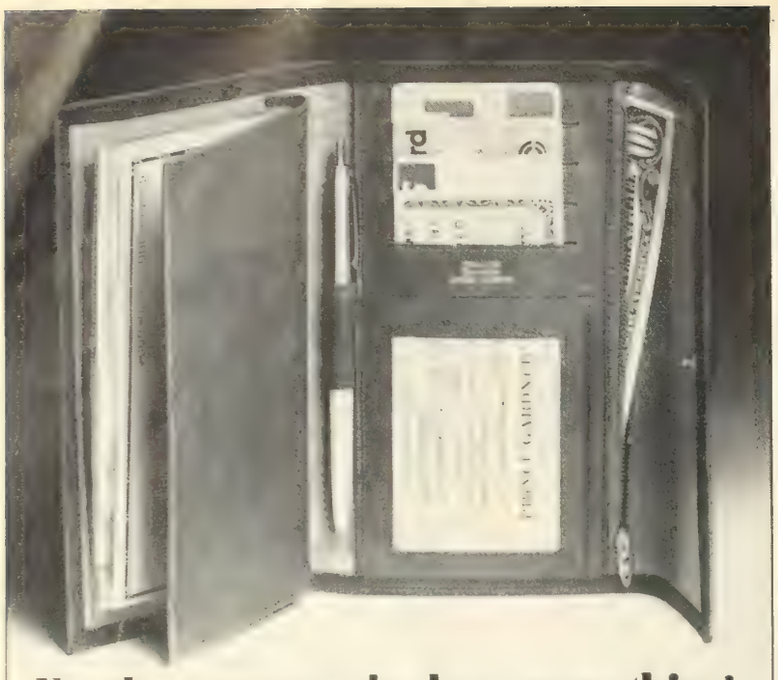




condition*

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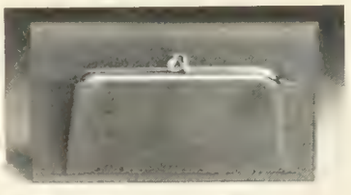
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Herbed butters, vinegars,

and other tasty surprises to brighten year-round meals

By Mary Moon Hemingway

Early autumn is a time for harvesting garden treasures you can preserve for good eating during the rest of the year. Even if you are a city dweller, you can put up specialties easily—fillips to transform the ordinary into memorable meals. Before starting to concoct any of them, however simple they may seem, you would do well to bone up on sound techniques to avoid spoilage. Any standard American cookbook can tell you how-to—or see July House & Garden, page 87.

Do the unexpected with herbs. Should you grow your own, you will, no doubt, set some aside for drying or freezing in butters and infusions. Home-grown, fresh or dried, no matter, herbs add flavor to make your vinegars, mustards, sugars, and jellies special treats to savor yourself or to give as thoughtful presents.

If using dried herbs, use them sparingly: One teaspoon of dry to one tablespoon fresh is about right. **For the leafy vinegars**—basil, borage, rosemary, and tarragon—use 2 cups of fresh leaves stripped from the stems. Crush the leaves gently and pack in quart jars about three-quarters full. Heat 2 cups white or red wine vinegar to a boil and fill the jars. Steep for two weeks covered; strain into bottles, cap or cork.

Unusual—and unusually good—are **mixed herb vinegars:** Combine tarragon, spearmint, lemon balm leaves to make 2 cups of leaves. Add minced shallots and garlic to taste plus 2 peppercorns and 4 cloves. Steep as usual in 2 to 3 cups of white vinegar, following the above method.

Mint vinegar is made with 1 quart white wine vinegar, 1 cup sugar, and 2 cups crushed mint leaves. The vinegar is brought to a boil, the mint added, and the infusion simmered 15 minutes. Allow the usual setting period before decanting. Lovely in lamb dishes and gravies. Good with fruit salads, iced teas.

Celery seed vinegar may be made with 1 quart chopped celery or ¼ pound crushed celery seed infused in 1 quart hot vinegar. **Garlic vinegar** is simple: Crush 6 garlic cloves and put them in a pint jar with a little salt. Heat cups vinegar, pour into jar, an let stand two weeks. Strain. Sha lots may be used too, but doubl the quantity.

Concoct spiced vinegars wit all manner of seeds: celery, dil caraway, cumin, fennel, anise Two teaspoons each of the firs four; 2 tablespoons of the last two plus 4 peppercorns, 2 sliced garli cloves, 3 cloves, 2 tablespoon sugar, and a whiff of curry powder Follow the standard procedure using 1 quart vinegar. Should it b too potent, dilute the mixture with additional vinegar after it has set tled.

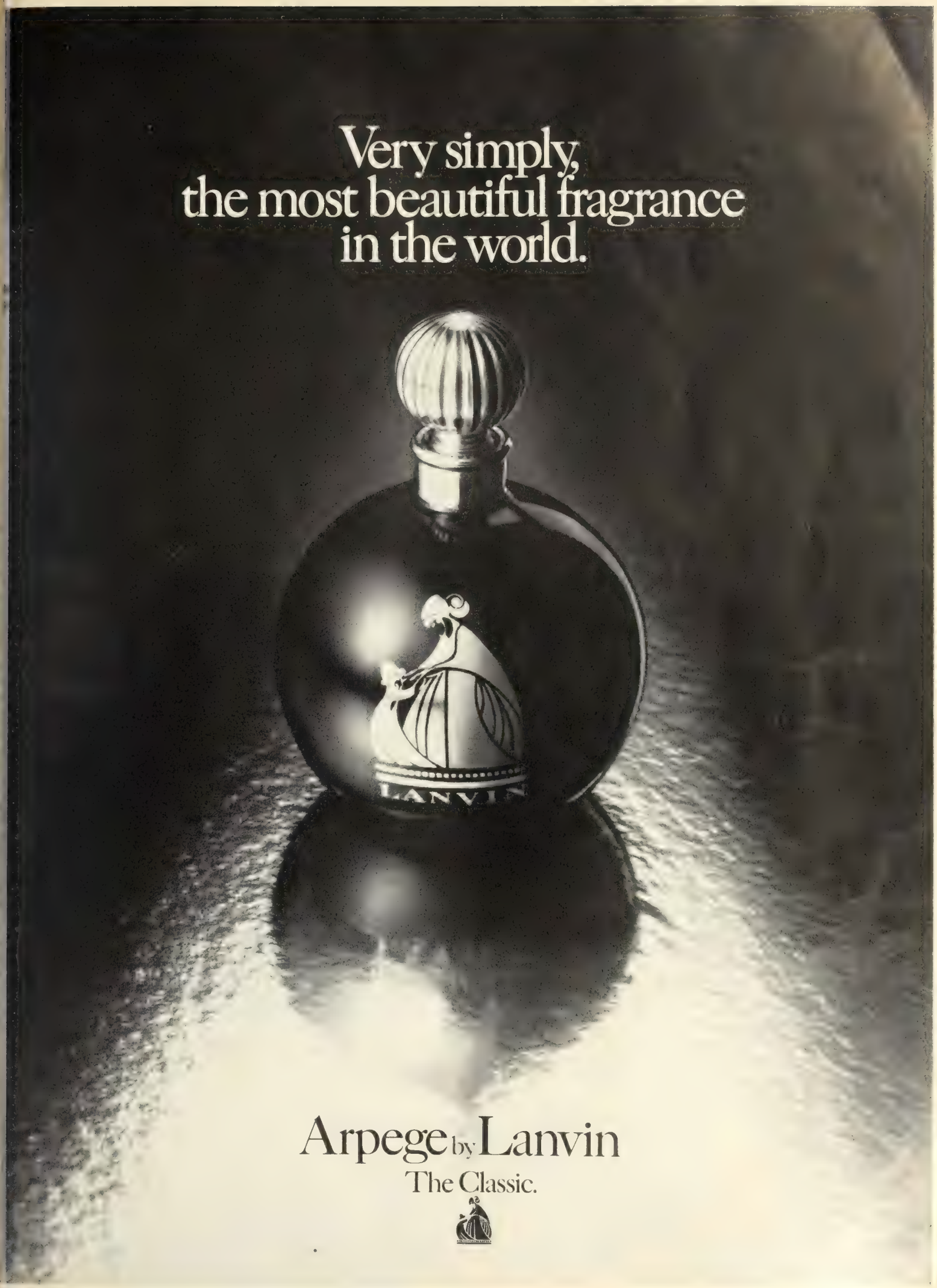
Herb and spice mustards ar good enough to eat as spreads an they add real tang to all kinds o sauces and dressings. Before the flavoring is added, make the basic batch with 8 tablespoons dry mustard or crushed mustard seed, 8 tablespoons flour, and 2 tablespoons salt, moistening with garlic vinegar to make a fairly stiff paste Add 9 teaspoons sugar and then spark up the mixture with any of the following (using 4 tablespoons minced herbs or 3 tablespoons of other material): tarragon and parsley, sage with a pinch of marjoram, horseradish, thyme, rosemary, grated lemon peel, curry or chili powder. Mustards are always packed in sterile jars and left for a month. In attractive pots, they make great gifts.

Herb sugars add delicious difference to fruits, whipped cream, and dessert sauces or icings. Make them as you would vanilla sugar by burying 3 tablespoons of any sweet herb, rose geranium leaves, mint, lemon balm, spearmint in 2 cups fine or regular sugar, and cover until the herbs are dried. Sift before using. If you like, combine a vanilla bean with the herbs.

Enjoy flavored cooking and salad oils, as the French do, by heating and steeping herbs in a good-quality oil in the same proportions as vinegars. Whole sprigs of the herbs floating in the bottled oils look pretty and help identify them.

Herb jellies are easily made from prepared pectin if you follow the directions on the package or bottle for mint jelly, using the

Continued on page 122


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questions & answers

Antiques

By Louise Ade Boger

FRENCH DUMBWAITER

What can you tell me about my table? The top has two metal-lined wells for plants. W.W.B.—Syosset, N.Y.



Your French Louis XVI style table, dating about the 1920s, is called a *rafraichissoir,* a kind of dumbwaiter with superimposed shelves. In the upper part were one or more recesses for chilling bottles of wine. With plates, flatware, and glasses, they stood near the dining table (it was usual to have four) and diners could serve themselves.

On my spoon's back is "Ball, Black & Co." Who were they? Can you identify the pattern?

E.B.—Carfree, Ariz.

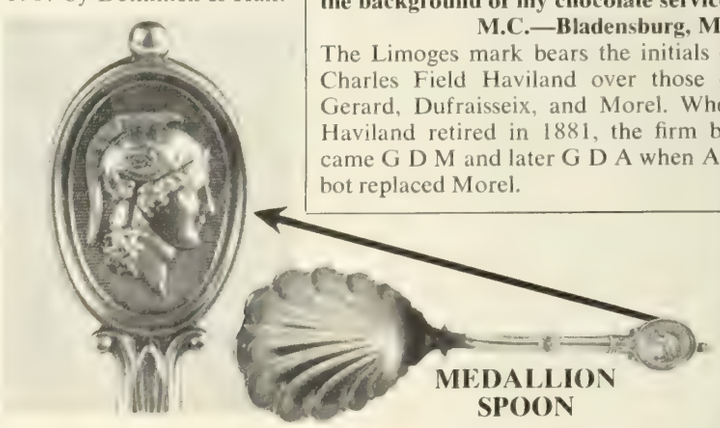
Ball, Black & Co., the retailer of your medallion-pattern berry spoon, was active in New York, 1851-1876, when it was succeeded by Black, Starr & Frost. In the second half of the 19th century, a number of American silver manufacturers introduced, for flatware, their design of a profile head in the Renaissance taste. Your medallion pattern was "reintroduced" in 1907 by Dominick & Haff.



HAVILAND SERVICE

From this mark, what can you tell me of the background of my chocolate service? M.C.—Bladensburg, Md.

The Limoges mark bears the initials of Charles Field Haviland over those of Gerard, Dufraisseix, and Morel. When Haviland retired in 1881, the firm became G D M and later G D A when Abbot replaced Morel.

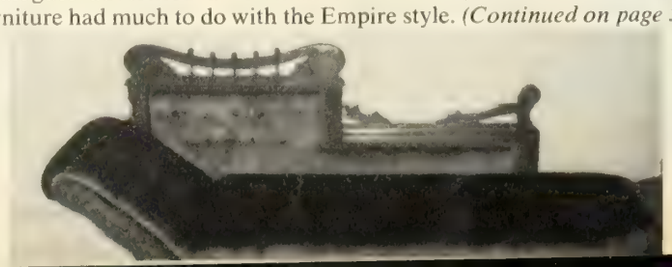


MEDALLION SPOON

EMPIRE STYLE DAY BED

I would appreciate information about the period, origin, and maker of my day bed. M. Mc.—Salisbury, N.C.

The form of your day bed has been freely adapted from the French Méridienne, characterized by a shaped back panel, and introduced during the First French Empire, 1804-1814. Yours is American, about 1900, when the Empire style enjoyed a lively revival and contemporary catalogues advertised a "Roman divan couch," for ancient Roman furniture had much to do with the Empire style. *(Continued on page 56)*



Introducing Royal Doulton Stoneware. It's not our traditional look. It is our traditional quality.

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The pattern shown above is Ting. A five piece place setting costs $20. Our 45 piece service for eight including serving pieces, $179.95.

For our complete Dinnerware brochure, send 25¢ to Royal Doulton, Dept. 47, 400 Paterson Plank Rd., Carlstadt, New Jersey, 07072.



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The worth of Woodard

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And Woodard *endures* to add to its worth. Each piece of furniture, for example, receives a layer of molten zinc to inhibit rust and to protect the finish. This is an expensive way to protect furniture, but it is also the best way. And when you add the 14 separate finishing steps, you begin to see why Woodard furniture can be passed down from generation to generation.



The eyes have it.

The beauty of Woodard is evident with another quick glance at the photographs below. For three generations Woodard has been a style leader, both indoors and out. And this leadership is not confined to wrought iron alone. Few manufacturers offer such a wide range of fabrics and coverings. Woodard also knows that not everyone likes white. That's why you can choose from a rainbow of 25 beautiful finishing colors.

In this clickety-click, mass-produced, computerized world we live in, isn't it nice to know there's still a Woodard around?

For color brochures and the name of the store near you that carries Woodard indoor and outdoor furniture, write to Woodard, 317 Elm Street, Owosso, Michigan 48867. Woodard



International's 1976 pewter would have been at home in 1776.

At fine stores now. Left to right: "Litchfield," "Farmington," "Fairfield," "Northford." Inset: An all-pewter a la Carte Collection.



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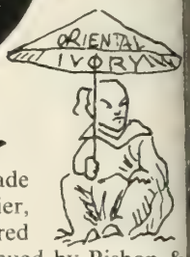
Antiques

continued from page 52



ENGLISH JARDINIERE

Because I am totally disabled I cannot get to the library to find out anything about this piece, which I feel is quite old. Can you help me trace its origin? B.G.—San Mateo, Cal.



The trademark indicates that your jardiniere was made by the Staffordshire potters Powell, Bishop & Stonier, who were active at Hanley, 1878-1891. They registered this basic form trademark in 1880 and it was continued by Bishop & Stonier from after 1891 to about 1936.

GERMAN CLOCK



Do you know who manufactured our wall clock? I've sketched the mark that's on it to help you identify it.

F.G.—Staten Island, N.Y.

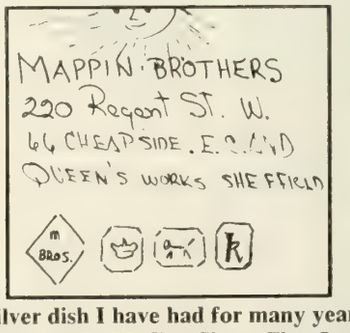
The prominent German clock manufacturer, Junghans, who started in business in 1900, made your wall clock in the early 20th century. This eight-day type clock, which has an enameled dial and strikes on the hour and half-hour, was a popular export timepiece.



TOY PIANO

This is a toy Schoenhut player piano. Who was Schoenhut and was he well known? G.R.—Fremont, Ohio

Albert Schoenhut is one of the best known toy manufacturers in the United States. His name is first and longest associated with toy pianos, for on 1872, the first toy piano made in America was manufactured at his shop in Philadelphia. Through the years he has put many toy pianos into American homes.



SHEFFIELD SILVER DISH

This is what is on the bottom of a silver dish I have had for many years. What can you tell me about it? B. McG.—Sioux City, Iowa

According to your unusually informative mark, your sterling silver dish was made by Mappin Brothers at Sheffield, England, 1902-03.



NOTE: *A loan exhibit of rare American decoys—including this Bowman Eskimo Curley—will be part of the twenty-third annual Theta Charity Antiques Show, sponsored by the Houston Alumnae Chapter of Kappa Alpha Theta, to be held September 24 through 28 at the Albert Thomas Convention Center, West Hall, Capitol at Bagley, Houston, Tex.*


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HOME IMPROVEMENT IDEAS FOR

The House Fixer

By Will Mc

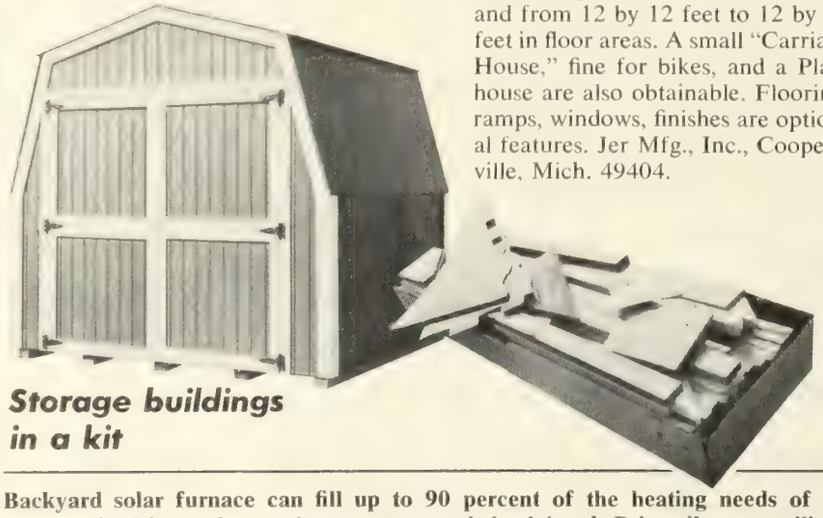
Freestanding fireplaces in color



Ready-made metal fireplaces in three styles —conical, low profile, and rectangular—are available in House & Garden Colors. Real Red, Sweet Lime, Bittersweet, Biscuit, Sun Yellow, and Black Pearl are fade-proof finishes in baked-on porcelain enamel. The rectangular fireplace has a 28-inch-wide hearth ($389), free-standing conical units have 28-inch- ($239) or 36-inch- ($309) diameter hearths. There is a 30- or 40-inch diameter hearth in low profile shapes ($229 or $319). Black Pearl costs less. Wood-burning units can be adapted to gas or electric log operation. Heatilator Fireplace Div., Vega Industries Inc., 30 West Saunders Street, Mt. Pleasant, Iowa 52461.

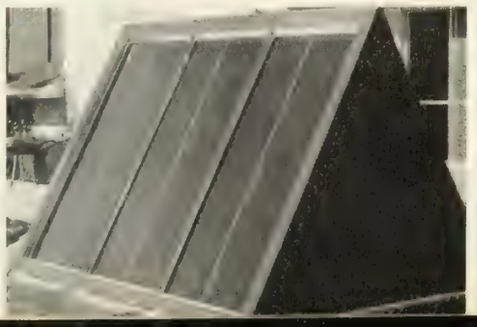
Storage buildings in a kit

Building kits enable you to put up your own storage buildings for tools, garden furniture, a workshop, or other uses. The kit for the "Standard 'Lil' Red Barn" illustrated contains the precut and numbered wood framework, trim, hardware, and step-by-step instructions for assembling. Building supply dealers at home centers, and lumberyards sell the kit and also the ten 4-by-8-foot, ⅝-inch-thick wall siding panels and the twelve 4-by-8-foot, 1-inch-thick roof panels you choose to enclose the building. Total retail cost, $199.95 including 8 pounds of nails. This "Standard 'Lil' Red Barn" is 8 feet high, 8 feet wide, 8 feet long in floor area. There is also an 8-by-12-foot model, and there are big Red Barns 12 feet high and from 12 by 12 feet to 12 by 24 feet in floor areas. A small "Carriage House," fine for bikes, and a Playhouse are also obtainable. Flooring, ramps, windows, finishes are optional features. Jer Mfg., Inc., Coopersville, Mich. 49404.

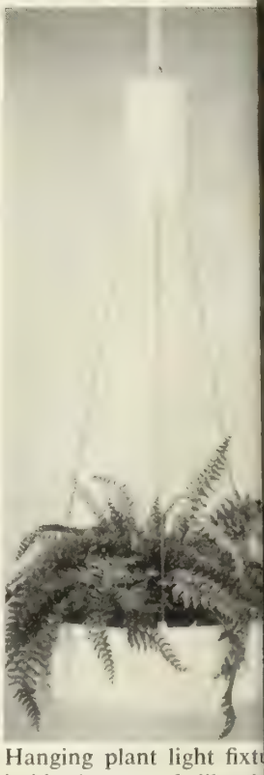


Solar furnace heats average-size house

Backyard solar furnace can fill up to 90 percent of the heating needs of an average-sized house by snaring sun energy, it is claimed. Primarily an auxiliary unit to supplement a forced-air heating system, it is about garden-toolshed size but A-frame in shape. Placed facing south, within 75 feet of a house, it is connected to it with ducts, which conduct sun-warmed air to the house. The south face of the furnace is a solar heat collector plate with a double glass wall facing the sun and with a mirror-like aluminum panel on the ground to gain added sun heat by reflection. Behind the glass, aluminum collector cups trap heat from the sun. Forced warm air, circulated through the cups, transfers heat to a storage area within the furnace where 25,000 pounds of rocks hold the heat until needed. A second blower fan pulls heated air over rocks into underground ducts connected to house's forced warm air heating system. Furnaces in three sizes range from about $4,500 to $6,300. Developed by the International Solarthermics Corp., Box 397, Nederland, Colo., 80466 for licensed manufacturers.



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long link chain and wire s
porting the planter-lan
They can be connected
existing electrical wall d
lets or new ceiling wiri
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the larger. Designed by Jo
Mascheroni for George I
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BOOKS ABOUT CRAFTS

For people into crafts, Christmas is now

By Jerome H. Denne

If you want to make your own gifts for Christmas giving, now is the time to start—and personally made gifts are always especially treasured because of the thought and time put into them. There are many good books to help you get started on a new craft or to tackle more complicated projects once you've mastered the basics. *Good,* in a craft book, implies: (1) It has thorough, easy-to-follow, step-by-step instructions. (2) there are copious illustrations to make the bumpier processes crystal clear. (3) The finished project is worth all the effort you've put into it. Here is a selection of recent craft books that meet these criteria:

Varieties of Needlework

Texture and Color in Needlepoint. Michele Weal (Harper & Row, $19.95). How to combine and integrate various stitches to create unusual textures, extraordinary designs for everything from pillows and vests to a complete staircase cover.

Needlepoint Plaids. Marion Broome Pakula (Crown $7.95; $5.95 paperback). Twenty projec with plaid designs created by usi numbered patterns.

Now Needlepoint. Jan Orr (V Nostrand Reinhold, $14.95). T "now" means contemporary d signs, modern methods, far-o projects.

More Needlepoint Design. L Gartner (Morrow, $16.95, a Hou & Garden Book, available in O tober). Eighty new, original d signs by the author of the bes selling *Needlepoint Design,* wi instructions for transferring the to your own canvas.

Chinese Rugs Designed for Ne dlepoint. Maggie Lane (Scribner $12.50, available in November Stunning designs for fourteen rug (with a maximum 54-inch width fully graphed with directions f translating graph to canvas, work ing pattern, finishing off, bindin and lining.

Needlepainting: A Garden o Stitches. Eszter Haraszty an Bruce David Colen (Liveright $14.95). A heady bouquet of flora designs created to resemble paint ings. *Continued on page 6*

WHERE TO FIND CRAFT SUPPLIES AND HOW-TO INFORMATION

Craft Sources. Paul Colin and Deborah Lippman (Evans, $12.50; paperback $5.95, available in October). Subtitled "The Ultimate Catalog for Craftspeople"—and it really is. It's a guide to books, magazines, organizations, supply sources, and schools that teach crafts throughout the country; a general handbook containing interviews with craftsmen, samples from books giving instructions for a particular object, so you can use this book also to make things.

The Mail-order Crafts Catalogue. Margaret A. Boyd (Chilton, $15; $7.95 paperback). Indexes by firm name, craft item, and state-by-state sources throughout the country where you can obtain whatever supplies you need for whatever craft turns you on. Includes lists of magazines specializing in crafts articles, courses you can take, kits to buy.

National Guide to Craft Supplies. Judith Glassman (Van Nostrand Reinhold, $12.95; $6.95 paperback, available in October). Over 600 craft supply sources across the U.S. as well as in Canada, Great Britain, Australia, New Zealand, and Taiwan. Complete descriptions of what each has to offer. Includes bookstores, fairs and shows, galleries and museums, craft periodicals, and a bibliography of more than 800 books.

Make It: an Index to Projects and Materials. Joyce F. Shields. (Scarecrow Press, $15). A source book for all handcrafters seeking information, it covers 475 titles of articles about crafts, and materials for them, published between 1968 and 1974, with book or magazine source and page numbers.

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Books about crafts

continued from page 60

Needlepoint and Pattern: Themes and Variations. Gloria Katzenberg (Macmillan, $14.95). A wealth of geometric designs based on sixteen stitches and plenty of imagination.

American Needlework 1776/1976. Leslie Tillett (N.Y. Graphic Society, $13.50). Needlepoint and crewel patterns adapted from historic American events and designs. Great inspiration for Bicentennial projects!

A Beginner's Book of Needlepoint and Embroidery. Xenia Ley Parker (Dodd, Mead, $5.95). For the needle neophyte—how to get started; the basic stitches; simple pretty projects.

A World of Embroidery. Mary Gostelow (Scribners, $20). The best embroidery patterns from around the world—exotic, naive, sophisticated, lavish, spare. The book includes descriptions of stitches needed to create similar embroideries.

Embroidery Motifs from Old Dutch Samplers. Alberta Meulenbelt-Nieuwburg (Scribners, $12.50). Alphabets, buildings, animals, folk figures—all very "country" in feeling.

Three-dimensional Embroidery. Hanna Frew (Van Nostrand Reinhold, $9.95; $5.95 paperback). Merry designs and projects, all with a tangible depth—quite unusual for embroidery.

Flower Embroidery. Allianora Rosse (Scribners, $9.95). Seventeen original floral patterns for use on tablecloths, place mats, chair seats, pillows. The techniques: needlepoint, crewel, cross stitch.

Designs and Patterns for Embroiderers and Craftsmen. Marion Nichols (Dover, $3.50). 512 motifs for experienced embroiderers (no instructions).

Knit Art. Ferne Geller Cone (Van Nostrand Reinhold, $10.50; $5.95 paperback). Hangings, button covers, caftans, and many "watchamacallits" with decorative possibilities.

Crochet. Mary Tibbals Ventre (Little, Brown, $3.95 paperback). For the beginner, a book exploring the possibilities of crochet as a creative art form.

A New Look at Crochet. Elyse and Mike Sommer (Crown, $10.95; $4.95 paperback). Using the basic stitches to create unusual, contemporary designs for clothing, jewelry, accessories, even forms of sculpture.

American Quilts and How to Ma Them. Carter Houck and Myr Miller (Scribners, $12.95, ava able in November). A collecti of forty-two old patchwork qui gathered from historical hous museums, and restorations fro Connecticut to North Caroli with instructions for copying the

Quilting, Patchwork, Appliqu Trapunto. Thelma R. Newm (Crown, $9.95; $5.95 paperback Traditional methods, modern d signs, interesting projects.

The Patchwork Point of Vie Jill Jarnow (Simon and Schuste $8.95). Over twenty-five patc work projects including skirt shirts, and jeans for today's brig young look.

Finally It Fits. Ruth Amiel ar Happy Gerhard (Quadrangl $6.95). How to make patterns f everyone, for every size, whic really provide perfect fit in the fi ished garment.

How to Design Your Own Clothe and Make Your Own Pattern Claudia Ein (Doubleday, $12.50 Just what the title says.

Weaving and Rugmaking

Off-Loom Weaving. Elfleda Rus sell (Little, Brown, $3.95 pape back). Things you can make, say the author, with "little more tha your pair of hands, some yarn, an a sense of adventure."

Taaniko. Joyce Ronald Smit (Scribners, $10). Offbeat and fasci nating—the art of Maori off-loo hand-weaving, clearly presente for anyone to try.

The Complete Rug Hooker. Joa Moshimer (N.Y. Graphic Society $14.50). Obvious jokes aside, thi is a book replete with colorful de signs, easy instructions.

The Complete Book of Rug Mak ing. Cecelia Felcher (Hawthorn $16.95). All of the major foll methods—braiding, rya, hooking weaving, knitting, the works— with instructions for various stitc possibilities.

Men in Stitches. Robert E. Ille (Van Nostrand Reinhold, $13.95) Not another medical memoir, bu a lighthearted yet thorough cours in a rug-hooking craft that's grea for men—women too!

The High-Pile Rug Book. Susanna Cuyler (Harper & Row, $12.95). Modern and traditional techniques for the beginner or the practiced user of punch needle, shuttle hook, and latch hook.

Continued on page 64



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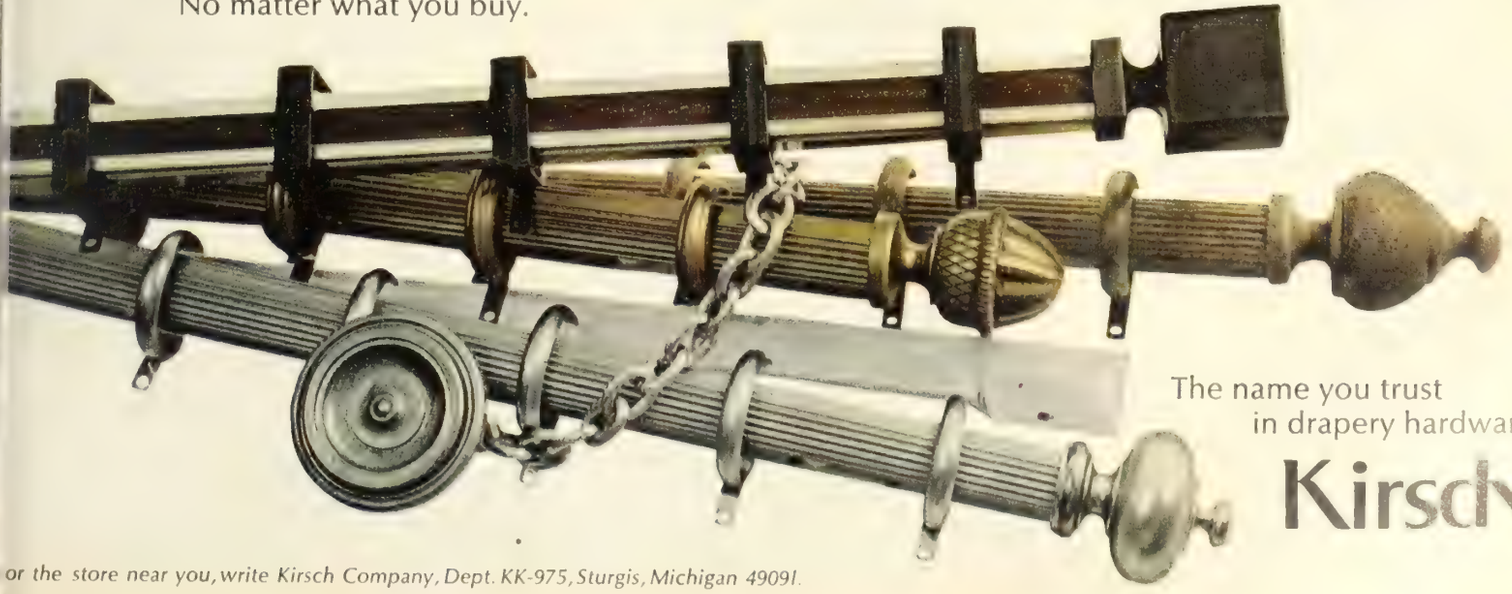
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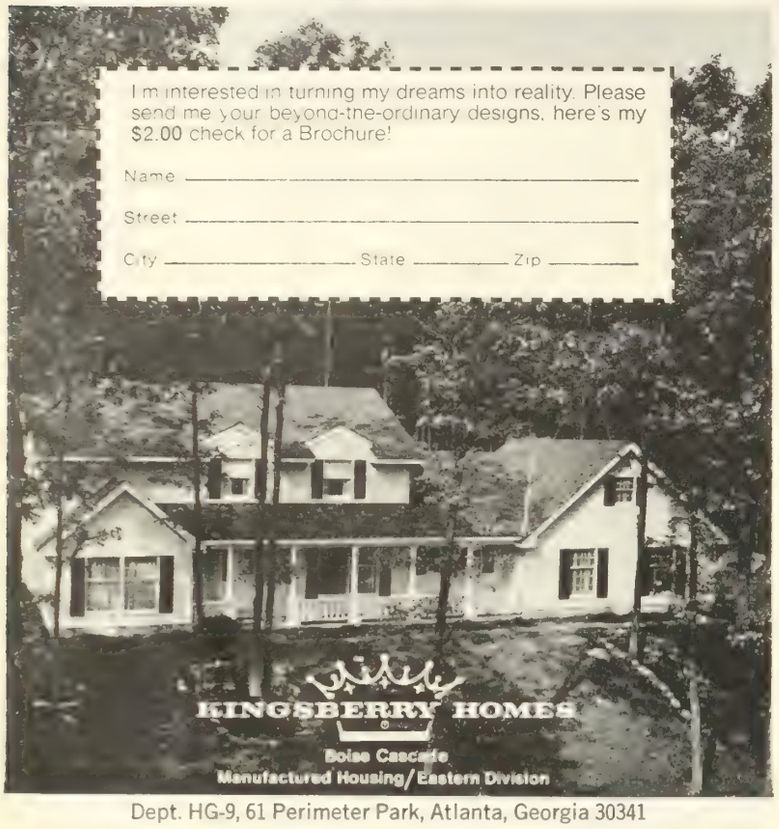


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Books about crafts

continued from page 62

One Book: Many Crafts

Joy of Crafts. The Blue Mountain Crafts Council (Holt, Rinehart, and Winston, $19.95). For beginner or expert, more than 100 projects in weaving, leathermaking, woodworking, appliqué, potting, knotting, or just about whatever you want to do.

Jann Johnson's Discovery Book of Crafts (Reader's Digest Press, $14.95). Fifty-five projects, each of which will produce an enchanting present (you'll be sorely tempted to keep it yourself)—laminated wood boxes, silver jewelry, macramé evening shawl, embossed stationery, stuffed dolls.

Traditional English Country Crafts and How To Enjoy Them Today. Andy Pittaway and Bernard Scofield (Pantheon, $5.95 paperback). A directory to the crafts of Great Britain with supply sources and information for the U.S.—make your own paper, corn dollies, baskets, pomanders; start a pottery; spin flax.

The Complete Book of Home Crafts. Pamela Westland (Viking, $16.95). Great for the would-be craftsman in search of a craft.

Phyllis Fiarotta's Nostalgia Crafts Book. (Workman, $10.95; $5.95 paperback). Things your mother used to make and your grandmother and even, maybe, your great grandmother.

By Children and For Children

Snips & Snails & Walnut Whales. Phyllis Fiarotta (Workman, $4.95). Fun for pint-size craftsmen. A selection of over 100 simple projects that children can make, using objects picked up from nature—shells, leaves, pine cones, nuts, seeds, berries, even spider webs!

How to Make Wooden Toys and Games. Walter E. Schutz (Macmillan, $8.95; $4.95 paperback). Fun for you to make; fun for your children to play with—87 projects, some simple (wood blocks, a boat), some elaborate (dollhouses, miniature furniture), all within the realm of a reasonably adept woodworker.

Try a New Craft

How to Make Furniture without Tools. Clement Meadmore (Pantheon, $4.95 paperback). What you do is take the ready-drawn patterns from the book to your local lumberyard, get the plywood cut to specifications, then follow the diagrams for assembling, and just glue.

Paper Folded Cut Sculpted. Florence Temko (Collier, $12.95; $5.95 paperback). Delightful whimsies you can make using the Japanese art of origami and adaptations thereof.

Ideas for Découpage and Decoration. Betty Lorrimar and Margaret Hickson (Van Nostrand Reinhold, $8.95). Cut it out, paste it on, create your own fantasies. Many clever ideas to start you out.

Natural Collage. Sally Miles (Scribners, $9.95). Arranging seeds, leaves, grasses to form birds, fiery dragons, portraits—the sky or your imagination, is the limit. The basic how-tos and with-whats are here.

America's Indigo Blues. Florence H. Pettit (Hastings House, $18.50). If you're interested in batiks and dying fabrics, this is a gold mine of information describing just about everything anyone has ever done or made or discovered about the 18th-century bold-patterned fabrics called indigo blue resist prints.

Pottery. Cora Pucci (Little, Brown, $3.95 paperback). A basic approach to perhaps the oldest of crafts. For the beginner with facile hands and a good supply of patience.

String Art. Robert E. Sharpton (Chilton, $12.50; $5.95 paperback). One of the newer crafts rapidly increasing in popularity. Works of art are created with colored string that you loop in and out of myriad nails to form striking patterns.

Straw Work and Corn Dollies. Lettice Sandford (Viking, $8.95). A country craft, currently having a revival. Here, instructions for birds, jewelry, a Mexican sun mask, even a chandelier—all made by the careful interweaving of pieces of straw.

Everlasting Flowercraft. Dorothy Shipman and Moyna McWilliam (Arco, $8.95). Many methods of preserving flowers and then instructions for using them to create decorative gift tags, calendars, party pieces, unusual floral arrangements.

The Art of Shellcraft. Paula Critchley (Praeger, $10.95). Dozens of things you can make—whimsical animals, ornamental frames, eye-arresting jewelry—from the interesting shells you've collected this summer on the beach. ■


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Prescott ..... Goldwaters
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Arkansas
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Continued on page 68

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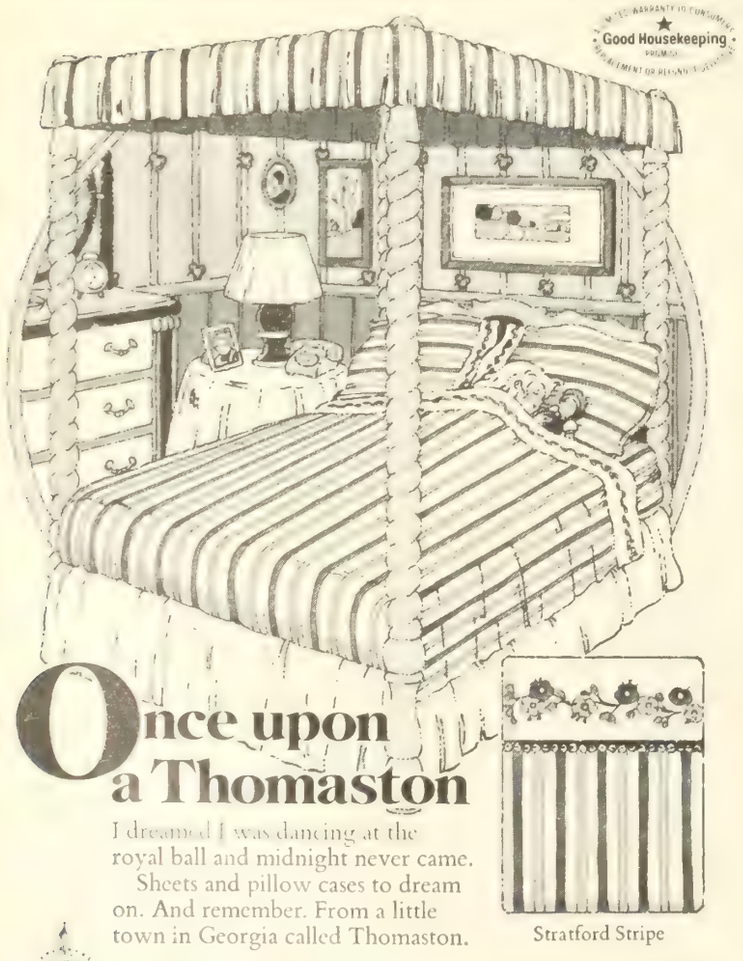
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continued from page 66

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Livonia .....Newton Furniture
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Taylor .....Hudson's
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Westland .....Hudson's

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Brookdale .....Dayton's
Southdale .....Dayton's
Rochester .....Dayton's
Rosedale .....Dayton's
St. Paul .....Dayton's

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Biloxi .....Merchiston-Hall Galleries

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Kansas City .....Stix, Baer & Fuller
St. Louis .....Stix, Baer & Fuller
Crestwood .....Stix, Baer & Fuller
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Westroads .....Stix, Baer & Fuller

Nebraska

Columbus .....J. L. Brandeis
Grand Island .....Miller & Paine
Lincoln .....Miller & Paine
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North Store .....J. L. Brandeis
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Westroads .....J. L. Brandeis

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New Jersey

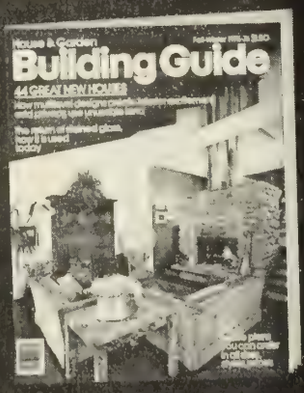
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Continued on page 70

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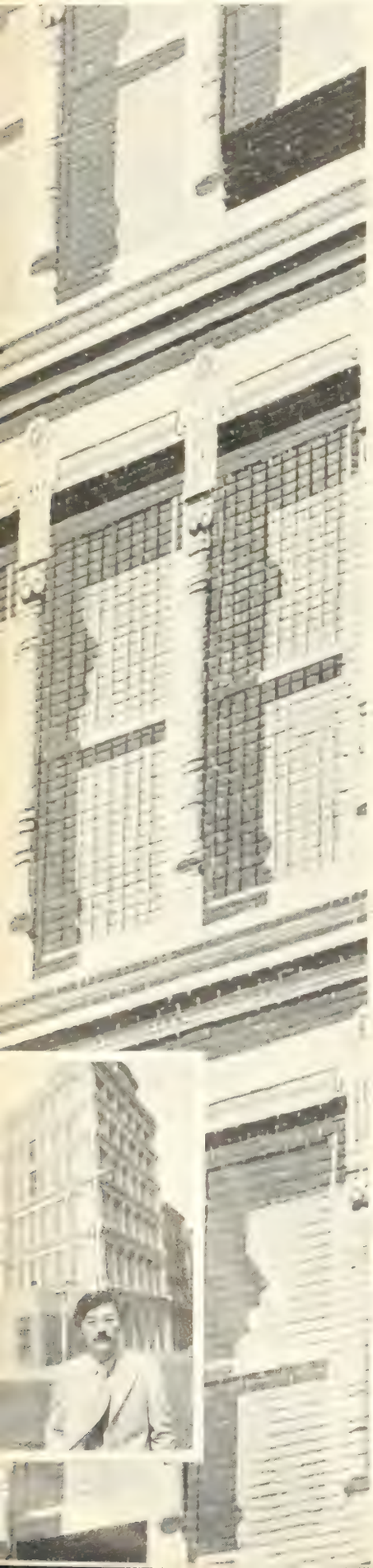
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THE ENCHANTED EYE

New glamour for a cast-iron building, a great art auction, covered mall in Minneapolis, a see-it-all traveler's guide to the Bicentennial

By Kenneth E



THE PAINT BRUSH AS ARCHITECT

Soho, to most people, is London's version of New York's Greenwich Village. But New York's version of Soho is a complex of old buildings below Washington Square that artists and sculptors and architects are flocking to as *the* place to live and work. Restored, remodeled, rejuvenated, these once decrepit old factories and warehouses are now a handsome new down-to-business Bohemia full of apartments and studios, most of them cooperative, all of them beautifully livable and workable. One of the most imaginatively restored of these buildings, *left*, was an old toy factory with a cast-iron, street-side façade—an ornate, highly decorative elevation that, as far as design was concerned, had nothing to do with the rest of the structure, which was faced very simply with brick walls concealed by adjoining buildings. All of the fantasy was kept streetward.

"With trompe l'oeil painting, the old brick side wall became a replica of the front façade."

As architect Handford Yang, *left, below*, who lives in the building, explains it: "Around the 1800s, when cast-iron buildings were popular, architects designed the façades to resemble Italian *palazzi*, which were usually built of marble and stucco worked in a very extravagant manner. Iron, of course, can be cast to look like anything, and since marble was costly and, for a factory, inappropriate, iron did very nicely once it was painted in the stone-like colors you see in old Italian *palazzi* today.

"Now, at some point in its history, the old factory must have lost one of its companion buildings—although there is a *little* one there now—thus exposing a highly unesthetic, unromantic brick wall. When the factory became part of Soho and was remodeled *(Continued on page 74)*

Left: **Architect Handford Yang, a tenant of the old toy factory, and in a trompe l'oeil window, a trompe l'oeil tabby cat.**

"ARTISTS OF THE HAMPTONS"



Benefit art auctions hold a double lure: They offer the bidder a chance to acquire a work of art usually available only at a gallery—and to do a good deed. Wednesday, September 17, at 8:30 p.m., an auction called "Artists of the Hamptons" will be held at the Parke-Bernet Galleries in New York, with viewings on September 11, 12, and 15. Proceeds are for the benefit of Guild Hall in East Hampton, L.I. About 80 major works will go on the block—all donated by such distinguished names as James Brooks, Elaine deKooning, Willem deKooning, Jimmy Ernst, Balcomb Greene, Harlan Jackson, Alfonso Ossorio, James Rosenquist, Saul Steinberg, and Esteban Vicente—only ten of the contributing group of painters and sculptors who live in the pretty string of Long Island towns known as "The Hamptons."

Guild Hall in East Hampton was founded in 1931 as a cultural center, and, like all museums, needs money. The Hampton artists, who often exhibit there, are making the kind of deeply personal gesture only an artist can make to help

Jacqueline Onassis honorary chairman the auction committ which is headed Guild Hall trustee He Hoie and Mr. and M George Plimpton.

Left: **Untitled pai ing by Willem Kooning from Montauk Series, '**

HOW TO SEE IT ALL

When to be where at wh hour during the Bicentenni Celebration? *The Bicente nial Book, 1975-76,* by R ert Lawlor (Dell, $1.50 perback, at bookstores) w tell you *exactly* when a where and what. A truly co prehensive rundown, it pi you straight as to the b way to go about seeing h toric Boston, the best lo tion to view the world's t est sailing ships as they ma their way into New York H bor, and—hopping over the ***(Continued on page 7***

PRIZE-WINNING PLAZA

Honored this year by the American Institute of Architects for distinguished design, the new I.D.S. Center in Minneapolis covers an entire city block in a complex of buildings surrounding a covered plaza called The Crystal Court. "This lean-to galleria," says the A.I.A., "is by no means the greenhouse variety, but a . . . scintillating, crystalline, multiple reflective ambiance." Very high praise, and earned. The entire project with its air-conditioned Court was designed by Philip Johnson and John Burgee with Edward F. Baker Associates.





Above: **Inside the Crystal Court—"a reflective ambiance."** ***Right:*** **Outside—"grand, exciting, dignified."**



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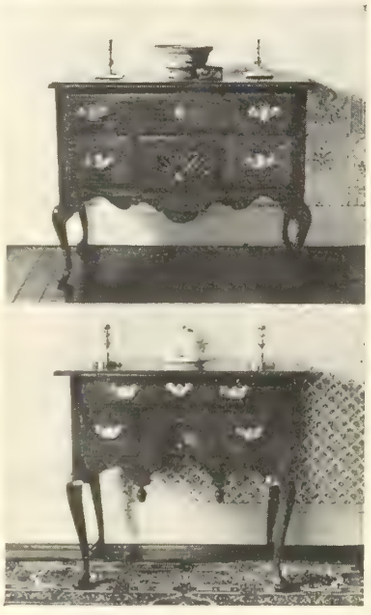
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Paint brush as architect

continued from page 72

into apartments, it also became a landmark building, which meant that the facade could not be touched except for restoring and repainting. The Landmark Commission, as is its responsibility, limited the colors to the authentic, original grays, beiges, and browns. Which was fine, except that this new elegance would have been incongruous when you looked around the corner and saw a dreary expanse of plain old brick. It was out of the question to superimpose a decorative iron 'cover-up' on the brick wall, far too expensive, and we—the building's tenant-owners—didn't know what to do, until one day I met Richard Haas, a well-known Soho artist who is fascinated by old cast-iron buildings and has done a lot of etchings and paintings of them. Somehow, we hit on the idea of trompe l'oeil, and funded by a grant from the National Endowment for the Arts which was obtained through an association called The City Walls, Mr. Haas went to work.

"It's an incredible job. The design of the front façade now moves around the corner and extends the length of the building. It's all paint, of course, but unless you're very close to it, you'd swear it was iron. Haas used the same proportions, the same floor levels, the same decorative details. He even incorporated two existing windows into the total design. He studied the way the sun hits the front façade, where shadows are cast, how the colors change with the light, and then painted relevant shadows on the trompe l'oeil wall. There is nothing flat about it, it's three-dimensional—to the eye, at least. Some of the windows are painted closed, some partially open. In one of the half-open windows, Haas painted a cat sunning itself on the sill. Charming.

"I might add that you don't ha[ve] to be an artist with Mr. Haas's ta[lent] to give an old building a lif[t]. There are times when a graphi[c] which can be very lively and amu[s]ing, is effective. But sometimes [it] is wrong for the architecture of th[e] project in question, and tromp[e] l'oeil is a better solution. It cou[ld] be a communal effort. If you'v[e] ever painted scenery for a schoo[l] play or a summer theatre, the knac[k] would soon come back to yo[u]. Trompe l'oeil isn't all that difficu[lt] if you keep it simple, have a bit o[f] flair, and a firm hand on the pain[t] brush.

"As of now, the old toy factor[y] is the most popular building i[n] Soho, and from morning to nigh[t] you find artists and students an[d] tourists studying it, praising it, be[ing] amused by it, loving it. Quit[e] aside from its wonderful tromp[e] l'oeil, the building was certainl[y] worthy of restoration. Cast-iro[n] buildings really forecast moder[n] American construction in that the[y] used much of the technology o[f] modern building—precasting, stan[-] dardization, prefabrication, spee[d] of erecting. Later on, when the ele[-] vator was invented, this technology produced skyscrapers.

"Anyhow, it's a very nice plac[e] to live and work. The New York City branch of the Larry Aldrich Museum, which is in Connecticut, is on the ground floor. It's mainly for completely contemporary artists who don't have a gallery of their own, and gives them a chance to show and sell their work, which they otherwise might not have. There is something very inspiring about living over a museum in a building that is almost a museum in itself, what with that beautiful big painting hung outdoors. We're very fortunate. What museum would have room for a picture six stories high? ■

How to see it all

continued from page 72

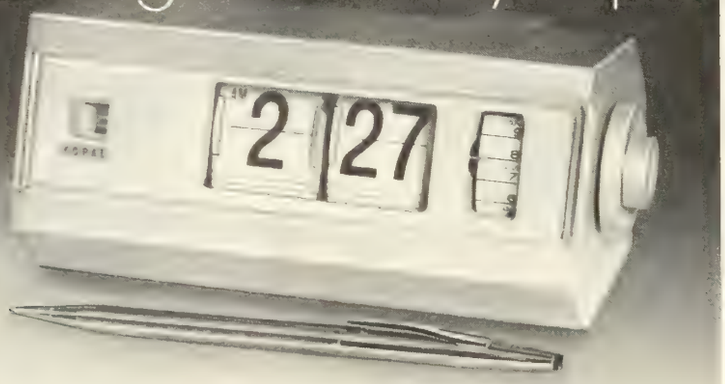
Mississippi—who will perform during St. Louis's three-week (June 14-July 4, 1976) "Bicentennial Horizons of American Music" program. Wherever you live, or wish to make a trek to, something will be happening.

In Boston, the Battle of Bunker Hill will be reenacted; in Honolulu, there will be a Polynesian extravaganza of Ziegfeldian stature, and already steaming along with no intention of stopping until December 23, 1976, the American Freedom Train will tour the United States making stops in 76 cities, carrying some of the nation's most treasured artifacts to almost everyone's home town—or near it.

The guide offers information on public transformation, parking, lodging, and campsites. (You can take your tent with the certainty of a place to pitch it.) And the book is the only one of its kind endorsed by the American Revolution Bicentennial Administration of Washington, D.C. ■


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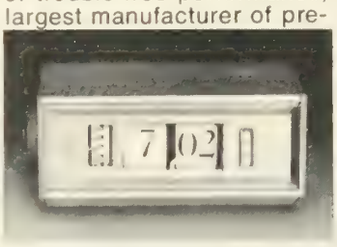
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A collector speaks her mind about placing, lighting, and caring for modern art

A conversation with Mrs. Barnett Malbin by Paula Rice Jackson

EDITOR'S NOTE: *"Futurism in Modern Focus" was presented at the Guggenheim Museum, New York in 1972. The entire exhibit was composed of paintings from the Lydia and Harry L. Winston Collection (Dr. and Mrs. Barnett Malbin). Their collection includes Futurist, Dada, Surrealist, De Stijl, Abstract Expressionist, American Colorist, and Minimalist works—an almost complete span of 20th-century painting. It has been exhibited in many parts of the world and has been published extensively. Mrs. Malbin is Arts Commissioner and a trustee of the Detroit Institute of Art and a former trustee of Bennington College.*

This collection represents an assembly of the tastes of one individual—a very different thing from a museum collection. There is a personal involvement in buying each work—a reason that may not be obvious or sometimes even explicable to anyone else. And so when I hang a painting, somewhat the same reasoning applies. Placing works on a wall in a certain way creates an artistic experience for the viewer.

"Every work has its own presence, its own light which requires its own space, especially in relation to the other paintings around it. Two important things govern my thinking about grouping works together. Of course, one is their physical size, shape, and their subject; the other is the historical origin, or perhaps even better, the 'emotional' spirit of the works. Certain periods can be placed together because their 'intention' can be seen as the same. This is what allows me to hang a Noland near a Kandinsky with an Arp between them—they work together. It is a personal communication, but these artists express the same thing to me, each in a very different way.

"We recently moved to New York into an apartment with fairly low ceilings. Our son-in-law, Eliot Robinson, an architect, designed the lighting for us. It combines both spot and wash in the same fixture. He used tubular 25-watt incandescent bulbs that are housed in long, shallow aluminum shields that run the whole length of the ceiling. Since they're about 3½ inches deep, we've run them wherever we've needed them. They're lined with reflecting Mylar that increases the light without adding any heat, which protects the paintings. Also, electric power is saved because of the low wattage of the bulb. And since we've hung some sculpture, it was very simple to add cylindrical spots to the shield fixture and light that as well.

We keep the humidity at a constant 50.1 percent. If the air is any drier, the frames tend to shrink and bulge the canvases, which can be dangerous. Repetitive bulging and shrinking could crack a canvas."

The protective aspects of framing concern Mrs. Malbin most. A Mondrian and a Balla have been enclosed in acrylic boxes although both works have frames: "They were imposed because the structures were becoming fragile. Both artists framed these works themselves. The boxes don't interfere at all with the design of the frames. They also prevent the canvases from becoming soiled. Most of these paintings are hung by a very heavy supporting back wire or two picture-hanging hooks that are driven into a wall. Supporting rods that hang from a molding aren't right for very modern paintings, such as a Stella. Since he sometimes works with unconventionally shaped canvases, those rods would impose a whole other design onto his, which would never be right. You must consider how the artist wants his work to be viewed. A frame that isn't consonant will never satisfy.

Futurist painters worked from the point of view that the viewer was in the center of the canvas experiencing the activity of it. That's one way I have of judging the level at which to hang paintings. [Pointing to a Balla of women descending a spiral staircase] I hung this low in order to experience looking down at the women who are looking up at me. It's marvelous! [It is.] Living with these paintings is like being in another world. Every day they change as the light passes through these rooms, each day at each season. I love them." ■

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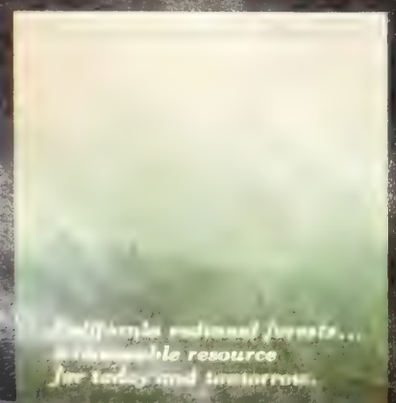
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Let art bring color energy to your surroundings. The artist's work has a living quality and the energy put down on canvas is transmitted through the picture into your room. Modern art has an architecture-like strength and power to give an ordinary room the look of an extraordinary space.

Color feasts

Create food that's visually exciting. A really mouth-watering dish owes its appeal to looks, as well as taste. The way food is arranged and served makes eating an event. Light simple meals—the calorie-conscious kind we all want today—can appear as satisfying as gourmet feasts, given the illusion of richness through color.

Color graphics with carpet

You can have smashing color effects with carpet. Take it over a banquette, up the wall, wrap tables in it. Play graphics with it. Carpet is warm, soft, absorbs sounds, adds insulation.

Color vibrations outdoors

Plant color like a painting—strident values of the modernists, or pale pastels of the impressionists. Take gardening a step beyond gardening, into land art. When you cultivate this idea, nature is the medium, flowers the palette, evergreens the frame.

Now turn the pages to see these and many more ideas in action. Our responses to your need to

LIVE IN COLOR

LIVE IN COLOR DECORATE WITH FEELING

reat ways to give ou and your rooms color lift—plants, paint, rt, fabric, and carpet

rics in true flower colors, *right,* fill this room like a utifully arranged bouquet. On the sofa and otto-n, a Chinese-wave pattern of blues, yellows, pinks, greens. For two chairs, pale marigold orange and ny pink; for a lacquered, linen-covered table, deep purple. Over the sofa, an intense blue painting on a sky blue wall. Backgammon players are Christine er and screenwriter Patrik Steede. Room was de-ned by Cultra-Fairholme. Painting by Betty Parsons.

ome of America's op decorators talk bout color and what can do to bring our rooms alive

hole rooms in shades of one color are appeal-for their freshness," says Tom Britt. "For ains, and a bit of contrast, you might use r full widths of fabric in gradations of greens blues for a green or blue room; blues to ives for a mauve or blue room; ecru to sal-n to rose for a pinkish beige room. Just sew vertical panels together and hang them in ips of four."

lor does not have to be strong to be effec-," is John Dickinson's theory. "It's all a mat-of modulation. I'm using lots of pale clear ors like water green and sky blue in fabric carpet against neutral backgrounds of stone sand. A pale palette has both serenity and ity, and like sky and water, it's the natural k, but carried a step farther, and wonderful h something like steel—as much a natural say, wicker."

lor is the way to give a room drama without a of expense," says Joseph Braswell. "Try nting the walls of a dining room a deep ma-ta, then cover them, ceiling to floor, with te muslin shirred on rods. A soft pink will mmer through. Drape the table with natural vas, lacquer restaurant chairs white, give m lemon yellow cushions, lacquer the floor te, then band it with a wide, intensely deep ck-brown border."

HORST


COLOR FLATTERY—
FABRICS THAT MAKE YOU
LOOK GOOD
AND FEEL GOOD

PAINT



COLOR IMPACT— DISTINCTION FOR A VERY PRACTICAL HOUSE

Building on a $35,000 budget, with a need for four bedrooms, study, living room, and kitchen, meant low-cost materials for this beach house. Metal shingles for the roof, asbestos siding for walls. Paint had to supply the architectural impact. The choice of blue followed naturally, after the architects, Wurmann, Murphy, and Levy, selected blue-painted shingles, "which seemed right for the sea." They carried the color all over. Green for the door, "to show an entrance and take you inside."

ROBERT LAUTMAN

**COLOR SURPRISE—
AS YOU OPEN THE DOOR
INTO A SMALL
VIBRANT ROOM**



"It's very exciting to go from a big pale space into a small room crammed with brilliant color." This library, designed by Robert Perkins, is a perfect illustration. "Everything is Chinese vermilion: walls, upholstery, curtains. And everything paintable is lacquered. The lacquer gives the color texture, its full potency, and a luster that flatters both beautiful old books *and* people. The reflection of red, like that of apricot, pink, and lavender, gives a glow to the complexion."

HORST

Color talk from top decorators

continued

"Concentrate vivid color in one grand punch," Mel Dwork advises, "rather than saturating a room with it. For a room with navy blue walls, bleached floors, white furniture—quite quiet, really—we found a fuchsia-bordered, multicolored Amish quilt and hung it like a painting."

"Colors from nature in almost any combination," Angelo Donghia feels, "are bound to be pretty: flowers, snow against blue sky, sand against blue sky, pale storms with pink coming through as the sun sets, rainbows, wonderful jungle or forest greens against pale blue or deep blue sky. Also, colors you wear will give you a cue. For a man, perhaps navy blue walls, cream floors, off-white woodwork, a navy blue sofa and chairs covered in beige suede."

"Color at the top," says Mrs. Henry Parish II, "has always been a marvelous idea. Colored ceilings, that is. Pale blue, yellow, silver leaf, or for sheer sumptousness—when a room needs it and can stand it—a hot Venetian red. Underfoot, there is still nothing better than a natural wood floor, and there is no reason not to stain it. A leafy green will give you a shimmer without hiding grain."

"Wood colors can be beautiful," says Michael Taylor, "and they're even better with an intense color complement. For example, in a really superb room, the walls were paneled in pale honey-colored pine, handsome, but they needed a lid, which they got with a deep cobalt blue ceiling—a midnight summer sky."

"Really striking color combinations," Arthur Smith has found, "are camel color with grays or black, dark brown with brilliant green, blue and white, and reds of all kinds. This is a color, certainly, that offers more value per square foot than just about anything else in the paint box."

"Graduations of white," George Clarkson thinks, "can produce an ethereal quality you can't get with primary colors. White everything, lots of texture, and in a big room with several sofas, use an upholstery fabric with a beige pattern woven into the white. It will have all the warmth of a strong color."

"Black shimmers, comes alive," say William Machado and associate Norman Diekman, "when it is used with neutrals. It's like a vital brush stroke in a Chinese painting. And it can be much more." Machado recently painted his kitchen black. "It was done to mask an ugly surface over which wood slats were to be applied. But the black was so extraordinary I left it alone. Against it, everything looked beautiful."













GROWING COLOR— TO ARRANGE AND CHANGE TO SUIT YOUR MOOD AND THE SEASON

HOW TO GIVE YOUR ROOMS A COLOR LIFT WITH PLANTS

Color "must not intrude but blend," says Enid Haupt. "I like an air of serenity—with color provided by flowers. With a movable pot garden you can put color where you want it—you can truly paint with flowers. White, pinks, and yellows go well with the green of the outdoors and with foliage plants."

The house is joyous "to me, because everything is personal. The art was selected at gallery exhibitions of talented friends. Even the plants are old friends. Many have been with me for decades. The geraniums are cuttings from one plant."

Balance "is all, as in everything in life. I have systematized my flower growing to complement the colors and scale of the rooms. I like things in harmony. For instance, I no longer use some azaleas indoors because as they aged their color became too strong."

Light "is vital to flowering plants. Most of mine come into bloom in the greenhouse or garden room, but once at their peak they can be placed according to one's own needs."

Permanence and change "are what we gardeners work for. A standard like the geranium tree may live three years or more but must rest from time to time. You do not need to repot—aerate the soil in heavy pots spring and fall with an ice pick to give roots fresh oxygen. Annuals like impatiens are easy to grow. They are grown from seed but can be renewed after a summer's bloom by shearing the plant back 6 inches above the pot and putting it in a sunny place. Daily grooming and misting will extend the lives of plants and give them a pristine look."

Left: Living room tinted with pink geraniums and impatiens, greened by topiary ivy and myrtle. Paintings by Marion Pike. *Opposite page, top:* In what Mrs. Haupt calls "The Park" between living room and dining room, white abstract sculpture by Signori, bronze by Alexander Liberman, black dove by Diana Guest Manning. Sculpture, topiary Myrtus communis, and pots of baby-tears are arranged on a cupboard that in step-down dining room stores silver and linen. *Center left:* Mirrored niche in dining room reflects plexiglass sculpture by Barbara Mortimer, tuberous begonias, baby-tears, everblooming streptocarpus, and "an angel of a cactus, Opuntia compressa. It has yellow blooms like porcelain." *Center right:* In library, a ruby gloxinia, needlepoint pillows, painting by Hector Ubertalli. *Lower left:* Phalaenopsis orchids, painting by David Hare, in living room. *Lower right:* Pansy-faced Miltonia orchids, impatiens, and, close to the glass wall by a terrace, sun-loving geraniums.



HOW TO GIVE YOUR ROOMS A COLOR LIFT WITH ART

"Living with paintings everyday is such a pleasure—you change, they change, it's a constant process," says Gwendolyn Warner whose recently remodeled living room, *above,* included some changes that give better light to paintings and sculpture. Skylights cut into the ceiling allow for more natural, diffused daylight; mirror-paneled walls beside the fireplace increase the effect. A painting by Jules Olitsky in pink and reds is a color focus for a room filled with natural colors and textures—tree trunk sofa, palm trunk tables, bleached oak floor, wicker, white hydrangeas. At dining end, *right,* a dramatic Morris Louis.

Living with modern paintings. Experts give you their thoughts

Hanging and Lighting

"**Any system of diffused, indirect lighting is fine** for lighting people and their paintings. A home is not a gallery. Table and floor lamps work perfectly well. Blend them with special lights for paintings, if you must, as long as the overall effect isn't too strong." Leo Castelli, Leo Castelli Gallery.

"**Most paintings look better in natural daylight** than they do in (artificial) night light. Lighting depends so much upon the painting... low light on pale colors, many shades or subtle hues. A painting with fewer colors can take a stronger light but no painting should have too bright a light on it. And I like a painting to hang rather low on a wall—almost below eye level." Betty Parsons, Betty Parsons Gallery.

"**The greatest asset of track lighting is its flexibility**—the wide range of fixtures to choose from, the ease with which changes can be accommodated, the variety of lamps that can be used. And when it's combined with a dimmer system to control lighting intensity the whole effect can be very satisfying.

"Hanging paintings on stark white walls will become a problem when you try to light them. Light reflected off the wall interferes with light coming off the painting and the result will obscure what

COLOR PUNCTUATION—BRILLIANT PAINTINGS IN AN ALMOST ONE-COLOR ROOM



you're trying to see. A soft wash of low-voltage incandescent light and a slightly muted color on the wall should solve the problem. Another advantage to using ambient light is that if you rotate your paintings often, you won't have to relight." Marvin Gelman, president of Lighting Services, manufacturers of special lighting installations at the Robert Lehman Wing of the Metropolitan Museum of Art, New York.

Framing

"Frames are furniture . . . not furniture for the room, but furniture for the art. Consider how the artist intended the work to be viewed when you choose a frame." Barbara Kulicke, Kulicke Frames.

"Find the focus of activity in a painting—that's one way to determine framing. A focus may be shifted from the center of the canvas to an edge so that an edge may become a 'limit' of activity. You may or may not wish to contain that activity with a frame." Ben Heller, Ben Heller, Inc.

"Neat bronze bands are often the the best replacements for elaborate frames. But I usually find myself with frames that are appropriate to the demands of the painting. For instance, I put no frame on a Rothko because the painting necessitates that it be left bare. A Dubuffet, however, which is extremely difficult to find a frame for, ends up looking fabulous in an old, blackened, 16th-century Italian frame." Richard L. Feigan, Richard L. Feigan Gallery.

Moving and Handling

"Large canvases, say 7 by 10 feet high, are more often being painted on stretchers with movable braces that allow them to be folded. When you can fold a canvas it is much easier to move. Canvases can also be unstretched and wrapped around a cardboard cylinder. Because every painting presents its own peculiar characteristics, leave it to the professional to have it moved, hung, repaired, and restored." Jimmy Le Brun, Le Brun Brothers, Art Movers.

Care

"A draftsman's brush is the only thing to use if you wish to dust a painting. A feather duster has quills and a cloth rag too much abrasive fiber for the surface of a painting." Jean Volkmer, Chief Conservator of the Museum of Modern Art, N.Y.

"Modern apartments almost force you to break traditional furniture arrangements to accommodate plants and large paintings. For instance, in order to hang a 9-foot painting in a room with 10 foot ceilings, bring the sofa away from the wall, even into the middle of the room." Arthur E. Smith, Arthur E. Smith, Inc.

Color decorating with feeling

PALE BACKGROUND FOR ART AND PEOPLE



LIVING-ENTERTAINING ROOM THAT'S INVITING AND REFRESHING

In one apartment, two approaches to color create several comfortable backgrounds against which an arresting collection of modern art and the people who live with it are both at home. The apartment is big, built during that solid era when rooms were large, glass came in little leaded panes, and wood paneling was always deep dark brown. To remodel it for new owners, architect Keith Kroeger and designer Filippa Naess moved a few walls, replaced a few windows—but mostly they used color to give formality and informality both a light and easy air. Living room, *left*, is all-over white punctuated with color—an Yves Klein painting over the fireplace, three Josef Albers squares, a circle by Kenneth Noland, tones respectfully repeated in cushions, plants, and flowers. A small powder room became a mirrored bar that can vanish when its flush door is closed. On the far right-hand side of the room, behind Moorish arches and draped white curtains, is a frivolous space with dais, cushions, a tiny fountain. "It's a folly," says Mrs. Naess, "a place for quiet conversations." Furniture, much of it designed by Mrs. Naess and Mark Hampton, made for them by Fleming-Hegner, is simple and dramatic. People entering the room for the first time tend to be a little stunned by all that white. "Do I dare sit down" was one reaction—but all that white is removable, washable, thoroughly practical. The rugs are white cotton rag. The white cotton upholstery on sofas and chairs is fastened with Velcro, easy to unstick and throw into the washer—with the curtains, if they need it—and easy to put back on. "Besides," says Mrs. Naess, "it's not $60-a-yard fabric. It's inexpensive enough that you can afford to get tired of it." Furniture bases where feet may rub are white-painted wood, simple to touch up. Only the cushion covers in clear pastels and chromatic shades, bengalene at $1.25 a yard, can't be recycled. The cushions, though, are a key to the character of the room. By rearranging them, the owners can shift its mood. By scattering the small batik pillows from the "folly," they can change the feeling entirely. "A room," explains Mr. Kroeger, "*should* be able to respond to the people in it."

HORST

Movable color—paintings, pillows, plants



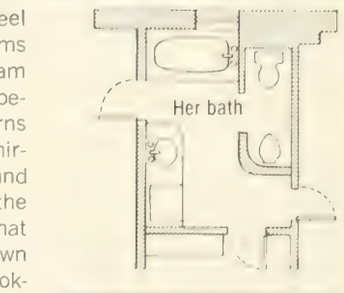
Each painting, each lit by its own downspots, had an assigned place before the rest of the room was planned. Then furniture arrangements were decided upon. Sometimes the large and very comfortable furniture was designed to fit the plan.

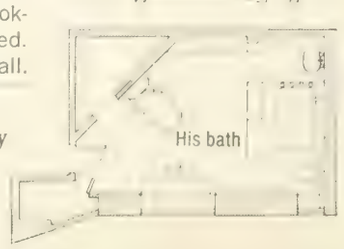
Tiles in the bathrooms—pale cream or dark caramel, plus light-doubling mirror

COLORFUL BACKGROUNDS, APPEALING AND PRACTICAL

These bathrooms," says Mr. Kroeger, "are designed to make you feel comfortable and cared for while you are in them." The bathrooms are also very private, one for her, one for him. Hers, *above,* is all cream and mirrors. In its walls and ceilings images go on indefinitely. And because glass is green when seen from the edge, the entire room turns emerald as strips of mirror reflect in one another. The window has a mirrored shutter; a mirrored door opens to reveal a clothes closet. Floors and fittings—the half-wall around the toilet, the enclosure for the tub, the sink and cabinets—are monochrome tile with the small variations that show their handmade origin. They're Mexican. His bath, *right,* is brown and doesn't look like a bath at all at first. There's a leather chaise, bookcases, a desk, a fur rug. And a tile tub that a Caesar would have liked. Papyrus and lilies grow along mirrors set like long windows in the wall.

Each sink has a counter large enough to spread out everything you might want. Accessories, chrome, Lucite, or eathernware and clay harmonize either with the mirrors or with the colors of the tiles.



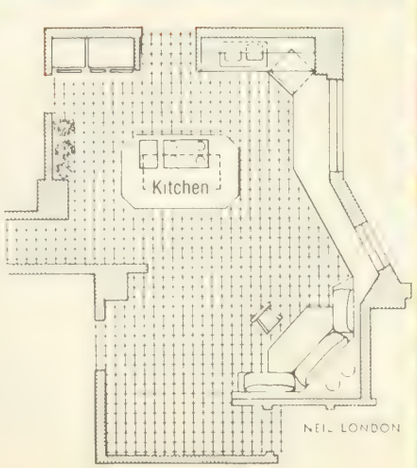




Tiles in the kitchen—bold blocks of yellow, red, green, blue, and violet

Hundertwasser woodcuts on the walls, *right*, came
. The colors are primary, strong and warm, and the
s are simple. They suggested a room that is earthy
rable, a gathering place for everyday life and basic
. A kitchen. To make a room large enough to live in,
eger combined three small rooms. The overscaled
d above the cooking island, heart of the kitchen, was
d to be massive. Island is big enough to hold a wine
its side. So much strong color might have been over-
ng. Instead, kitchen with tiles Mrs. Naess chose is a
oom in which people become important. Children
nther from sturdy tabletop to island. The banquette
ace to read morning papers, plan the day's affairs.

ts are unpainted pine. Sink, appliances, are red. Plan makes it easy for the cook to cook and conversations. Glazed surfaces, simple to care for.






Blue
Vanilla
Peach Blush
Orange Peel
Bittersweet
Tangerine
Pompeiian Red
Real Red
Garnet Red
White
Seafoam Green
Chrome Yellow
Sweet Lime
Ming Green
Tender Taupe
Sweet Chocolate
Velvet Brown
Hot Fudge
Shell
Biscuit
Creamy Apricot
Pink Pink
Pongee
Mercury
Green Mint
Lacquer Green
Ultramarine Blue
Cream
Pineapple
Sun Yellow
Blue Sky
Crystal Blue
Lavender
Wild Iris
True Blue



color is used by science and industry as a speedy detangler of complex systems. This dazzling display comes from a network of telephone wires. Each color combination is coded when installed into a telephone circuit—a great help for engineers, both in setting up new systems and in locating where repairs are needed. Made by Western Electric, these wires are used by the Bell System across the country—carrying messages both within and without!

EXCITING CALMING COMMUNICATING COLOR

TED HARDIN

d out what color means to our readers, in our March questionnaire we asked you, t color or colors do you think masculine, feminine, sexy, ng, and stimulating?" We asked you, "What do these make you think of—brilliant pastel pink, bright orange, green, pale blue, soft beige?" dy had trouble answering question.

other words, people associate s, moods, scenes, or emowith colors just as naturally h the written word—which is extraordinary, when you come to think of it. What is even more extraordinary is that we all seem to have the *same* or *similar* associations with the different colors. For instance, 70 percent of people responding to these questions said that they thought brown a masculine color; 50 percent thought pink a feminine color; 60 percent thought red was stimulating; 50 percent associated pale blue with sky; and about 60 percent associated dark green with forest, woods, or jungle.

"I think there is a universal language of color in an off-the-top-of-the-head sense," says Dr. Deborah T. Sharpe, psychologist and color consultant, and author of *The Psychology of Color and Design* (Nelson-Hall). "Your immediate response to a color is common to many people, with cultural differences, of course."

The reasons for this include family and social background, and also go back much further to our earliest origins. Color in nature has an important functional role (green chlorophyll converts, by a chemical process of photosynthesis, the energy of the sun into food for plants; colors assist the pollination process; color in birds and animals is used as sexual identification; and as camouflage, for instance). For primitive man, the colors of the seasons were vitally important to survival; probably red became the danger signal because of the sight of blood. Indeed, even today, you'll find farmers, hunters, nomadic peoples, and sailors are far more sensitive to color than many people, since it signals crucial information to them about weather, growth, the earth's condition, and so forth. The fact that so many of our questionnaire responders associated colors with nature (sky, forest, heat, fire, sunset, sand, and ocean were all the highest scoring examples), shows our continued close relationship to nature.

Although the first color association may be similar for many people, it becomes more complex upon reflection, believes Dr. Sharpe. "If you probe deeper," she explains, "you will get more personal responses. If a person walks into a bright red room, then the first associations will probably be common to everyone, if you make your query within the first few minutes. If, however, the person stays longer and you continue to ask questions, then other, more personal meanings will emerge, based on the person's own life experience."

This also was confirmed in the questionnaire. Our readers' first associations were often concrete, then moved into more personal, emotional realms. Several people associated dark green with Security, for instance, Christmas, Emeralds, or Sad and Dreary. People found pastel pink was Warm, Happy, Good—one person sug-

Continued on page 137

RODUCING USE & GARDEN ORS 1976

nost refreshing colors you uy now—36 House & Gar- Colors for 1976—includ- three new up-and-coming —Vanilla, a rich white, h Blush, a peachy pink, Reef Blue, a cool aqua- ne. You'll find many excit- things for the house in e & Garden Colors at s near you (see page 66 round-the-country list- Or suppose you'd like to kitchen cabinets in Pine- or tile in Reef Blue? You rder a pocket directory of reds of manufacturers— makes what in House & en Colors—plus our color to tuck into your purse ocket for color-matching ever you go. An order is also found on page 66.

Great news about architecture in color

"White is modern" is no longer necessarily the rule. Here are 13 leading architects bringing color into their work, to warm relationships between people and buildings.





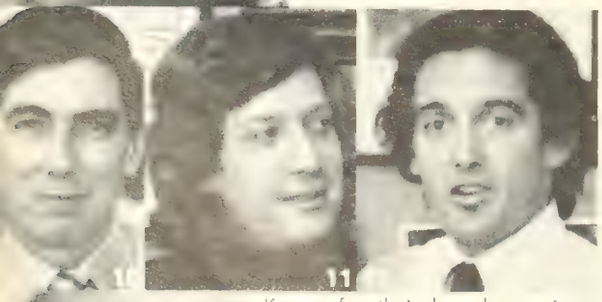


Charles Moore, 1, eminent professor at U.C.L.A., innovative figure in architecture for over twenty years, winner of twenty-eight awards. **2, 3. Robert Stern** and **John Hagmann,** a young team in partnership since 1969, recently won a first place award in the Roosevelt Island Housing Competition. **4. Peter Eisenman,** Director of the Institute for Architecture & Urban Studies, New York. One of the group of architects now known as the "New York Five." **5. Stanley Tigerman,** sculptor, painter, as well as architect. In practice in his home town, Chicago, since 1964. Until 1971, Professor of Architecture at the University of Illinois. **6, 7, 8. John Murphy, Alan Levy, Richard Saul Wurman,** a young team based in Philadelphia since 1963. Richard Wurman studied under Louis Kahn, has written over a dozen books. The firm's most





significant project the public improvement of Penn's Landing, Philadelphia. **9. Michael Graves,** Professor of Architecture, Princeton University. Designed the award-winning Rockefeller House, at Pleasantville Hills, New York. Another member "The Five." **10, 11, 12. Hugh Hardy, Macolm Holzman, Norman Pfeiffer.**

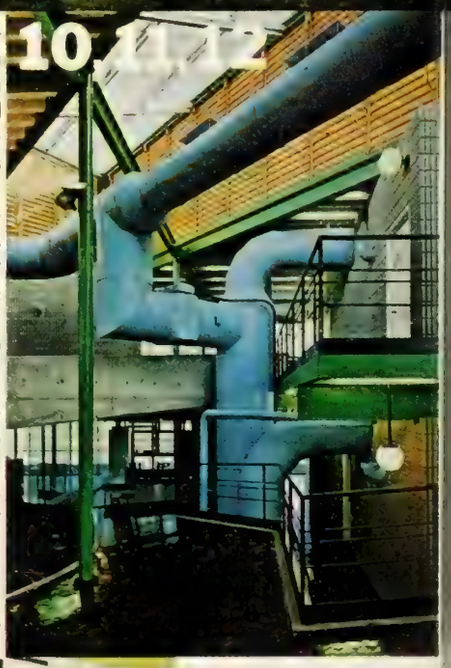
Known for their broad experience in civic design, schools, hospitals, and the visual and performing arts. Winners of the Brunner Prize in Architecture from the National Institute of Arts and Letters. Current projects include the Brooklyn Children's Museum, a concert hall for the Denver Symphony Orchestra. **13. John Johansen.** A bold architect, author and lecturer who has received repeated honors in the last thirty years.



Mexican colors "seem appropriate for a house in California," and Charles Moore feels that "in white it would be too glary." In a scheme worked out by Yale graphic design student, Tina Beebe, for her Master's thesis, there are twenty-three colors "to make it look like a Mexican village." Pale adobe colors, mauves, buffs, for one side, oranges, yellows, pinks for the other. "But the values are about the same," Moore points out, "which seems the way to use lots of colors successfully."



Blue, green, and orange in the Columbus Occupational Health Center, by Hardy Holzman Pfeiffer, make the medical building human. Green denotes the structural elements; blue, heating and cooling. The orange wall, which catches sunshine from a strategic skylight, warms the rooms. "Color is a wonderfully humanizing device," says Hugh Hardy. "It's personal and exciting." By emphasizing all the machinery that goes into modern building he hopes people will question the necessity of it. "However anti-machine you may be, you can't really change a situation unless it is clear what the situation is."



Terra-cotta, yellow, gray, and green in a house by Michael Graves refer to objects outside. Green stair rails reflect a privet hedge in the garden, and plants on an upstairs terrace, to which the stairway leads. Yellow paints a sunlit "gate" to the terrace. The terra-cotta and gray walls repeat outdoor walls. Mr. Graves, a notable painter as well as architect, often treats indoor walls with individual murals, capturing colors, shapes, and the varied forms of nature surrounding the building. "I play on remembrances; color is not additive, it has a real value for me because it employs myth"



ELYSE LEWIN, ED STOCKLE N, TOM YEE, ROBERT LAUTMAN, W LLIAMS & MEYER, NORMAN MCGIT



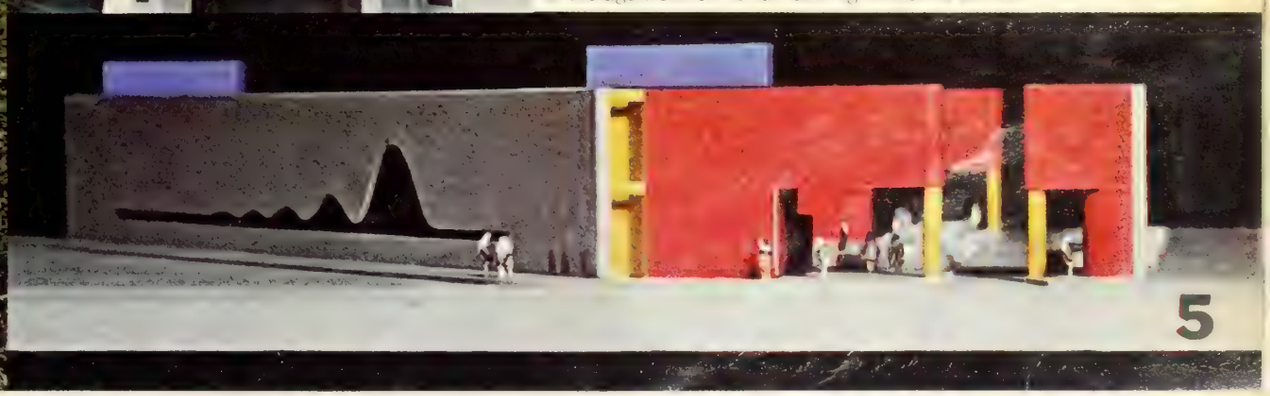
Yellow and white mark the start by architects Robert Stern and John Hagmann into more colorful houses. The location of this one, on a New England hill looking across a wide valley, partly led them into it. "We needed something that was bold, that would take command of the landscape. One element we could use to contribute a positive impact was color. Yellow is a vital color, good in a very long, bleak winter—and the owners live year round in this house." Aside from this, the material used for the outside (a new sprayed-on coating over plywood that gives an impression of stucco) plus the Italian spirit of the design, seemed to call for something other than white. "All of Italy is a Technicolor experience and the farther north you go, Germany, Finland, and Russia, the tradition has been for highly polychromed buildings. We've had a very limited view in this country."







Blue, gray, and terra-cotta in a house in Connecticut by John Johansen reflect the architect's strong views about technology, textures, and materials. Walls are precut asbestos sheeting, with color baked in; windows, factory-made units. The house is divided into three "components" each a different color, linked dramatically with silver metal tubes. "Nine years ago, I used a great deal of concrete; now I'm weary of it. We go through phases. There is a feeling today that all color is good, certainly, it's important. Color is the artist's way of making life bearable. It's therapeutic. Architects who don't use it now are simply not with the vibration of the time. We've made friends with color, with super graphics, Las Vegas, electric signage, color television. It's all part of the age we live in and we bring it into the home."



: to match sea and sky for a beach by Murphy Levy Wurman also shown on page a result of a limitation to low-cost materials. The ers knew color had to come to the rescue ("with os siding you have to paint") but they didn't want garish. "We like oneness. The outside of this house ways be blue. It's become quite a landmark, boats the water find their way by it. From the bay it very appropriate." This is a colorful house inside, nk for the hallway, green for a spiral staircase and ors. Building to stricter budgets will lead to more n housing, Mr. Wurman speculates. "With wood, is no need for paint, it has an indigenous color of n, but factory-made products do require color."

Green, red, gray, and silver show up for the first time in a house by Peter Eisenman. "Doing a whole white house now without an attempt to use colors seems to me to be almost a cop-out, too timid. This is still very timid, although the red and green are bold and the effect is quite staggering. Colors add to the density of the space, the house is richer for it." He uses color systematically. The center of the house is white and progresses through three shades of gray to the outside walls, "toward infinity, which is black." Staircases, volumetric as opposed to the planes of the other spaces, had to be identified in other colors, so he chose the complementaries of gray, red, and green. Silver for the stair landings denotes "the neutral level."

Red, yellow, and blue in the Illinois Regional Library for the Blind and the Physically Handicapped, Chicago, delineate the fifth project by Stanley Tigerman using color. (See another, the Hot Dog House, page 96.) Here, the structural parts of the building are painted yellow, exposed ducts for heating, cooling, plumbing are blue. Exterior walls, with the exception of one in concrete, are red-painted metal panels. "The purpose of it all," says the architect," is that a library should be fun, not something wildly serious. And then this is for the blind, some of whom are not 100 percent blind and upon whom color has impact. So here is this colorful object in the city for them, and to make sighted friends of totally blind people who go there say wow!"



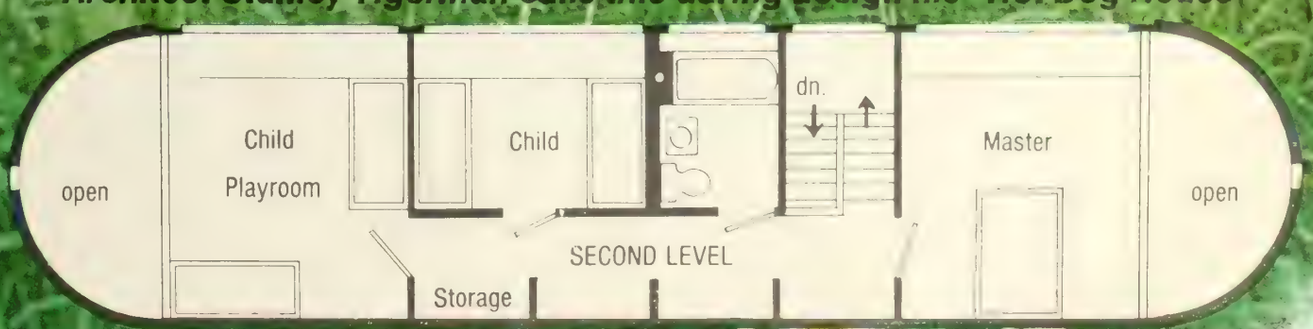
To contrast with nature at the back of the house, a burst of Mondrian-like color on painted ventilation louvers below fixed glass windows

Excitement in a new low-cost house

Shape·Color·Space



Architect Stanley Tigerman calls this daring design his "Hot Dog House"



TOM YEE



Rough cut cedar, pre-cut boards for economy led to an exciting design

The young couple with two children who make this their weekend and summer vacation house were building on a very tight budget. $35,000 was the limit. As often happens, restrictions resulted in innovations. For one thing, architect Stanley Tigerman was forced to choose rough cut cedar in double height, 18-foot pre-cut boards for walls, which he then "soft cornered" to reduce labor costs. The house width, 14 feet, was predetermined by the use of 14-foot pre-cut joists inside. The building was put together by two young carpenters in two months. There are no ceilings, no doors on any closets. Floors are scrubbed, unsanded spruce. All windows are fixed. Everything electrical is exposed—wiring conduits, switch boxes, heating ducts. The furnace is in the downstairs bathroom, the water heater tucked under the stairs. Using every inch of the space, Stanley Tigerman fitted in three bedrooms, two bathrooms, plus living room, dining-kitchen, and family essentials, like a dishwasher, laundry, and fireplace.

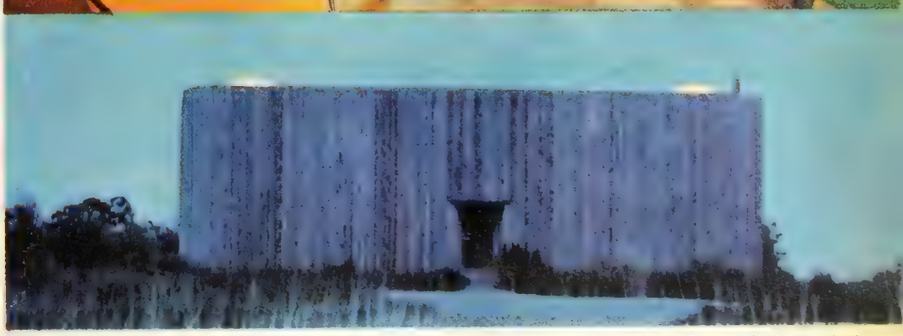
Above: **Skinny, long shape and rounded ends give the house its name of the hot dog. Deck adds extra living space in back.** ***Right:*** **Curved seating in the kitchen-dining space. Bright Scandinavian fabrics against cedar wood, simple birch table with a country feeling.**

Ventilation grids split the silo-like curves from top to bottom. Air enters when wooden doors are opened

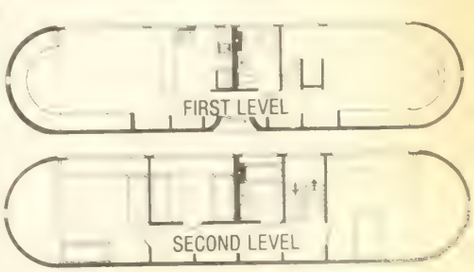


Bubble skylights set in ceilings at each end bring a flood of natural light down into the living spaces





The family owns 9 acres of prairie in Illinois, a commuting distance from Chicago. It is farm country; silos and granaries dot the landscape. But city weekenders are moving in. With a high speed road bordering the southern edge of the property, close neighbors to east and west, the first decision was to orient the house to the north, toward a view of a pond, now dug out as a family swimming pool, surrounded by oaks and willows. (It was this view and the rugged, wild quality of the country that prompted the owners to buy the land in the first place.) A further thought of Stanley Tigerman in siting the house, was to make a surprise out of the view. "It became clear in my mind that there was a chance to do a proscenium stage. At first you see nothing, just this granary wall effect, as you walk through. It's like parting a curtain. There's nature! When you enter the door all the neighbors are left behind, urbanity and all the problems of the week are left behind. You don't even see prairie any more because the land drops away 20 feet to the pond. The whole thing is entertaining and witty, rather like Alice Through the Looking Glass. When you finally walk out to the deck and you look back, you see another surprise. The house has changed, too. You enter a wood wall and you come out of a painting." The plan separates children from grownups both downstairs and up. They have their playroom and bedroom on one side upstairs. More play space in the dining-kitchen. Grownups have the living room space and a bedroom directly over it. Bathrooms are in the center. The family are people who live in a casual way; they like to use all the space all the time, entertain friends a lot. There are always children around. The wife wanted a house she could sweep with a broom, surfaces that needed little or no maintenance. "The house is responsive to this need. They wanted something simple; they have it," says Mr. Tigerman. "But I was able to imply sophistication at the same time. Everything is there." The wife, an artist and sculptor and a very visual person, made the colorful Marimekko print seat covers and cushions, which fit the curving banquettes in the living areas. Her drawings decorate some of the walls. She joined Stanley Tigerman in painting the outside louvers, and the deck black. Painted all the inside conduit pipes black, herself. "For me, things have to look right. I'm prepared to put up with some inconvenience for the final effect of something." Adds Stanley Tigerman: "I was very happy we participated in doing things together, that there was an interaction between client and architect."



Top: **Picture window captures landscape in the living room. A Franklin stove makes this a cozy place in winter. Wicker and canvas chairs, a sisal rug go with the casual family life.** ***Left:*** **Stovepipe shoots right up through double-height living area, generates extra heat which saves on winter electric heating bills.** ***Above:*** **Bubble skylights glow at each end of the house at night.**



Heat, light, and ventilating systems made part of the visual design

Here is a painted wall that is more than a painted wall. It is a brilliant study in oppositions. In its attempt to contrast with nature, it actually captures nature, reflecting sky and clouds in the glass, so the "painting" becomes a moving canvas of shifting moods and images. As a way of handling the exterior of a very simple, low-cost house, it is as sophisticated in its allusion to abstract art as any outer wall could be. Beyond all this, the graphic treatment of a hot dog shape matches the contemporary, artistic spirit of the owners, who are seeking a new way of living, casually and practically, today. There is no symbolism involved in the choice of colors, just the owners' personal preferences. "We experimented, we changed." Building the house has developed the family's life considerably. They are learning to garden, grow their own vegetables, plant trees. Much of the land will stay natural; they are not the sort who like to mow lawns. "We prefer to see everything grow and watch the changes from month to month."





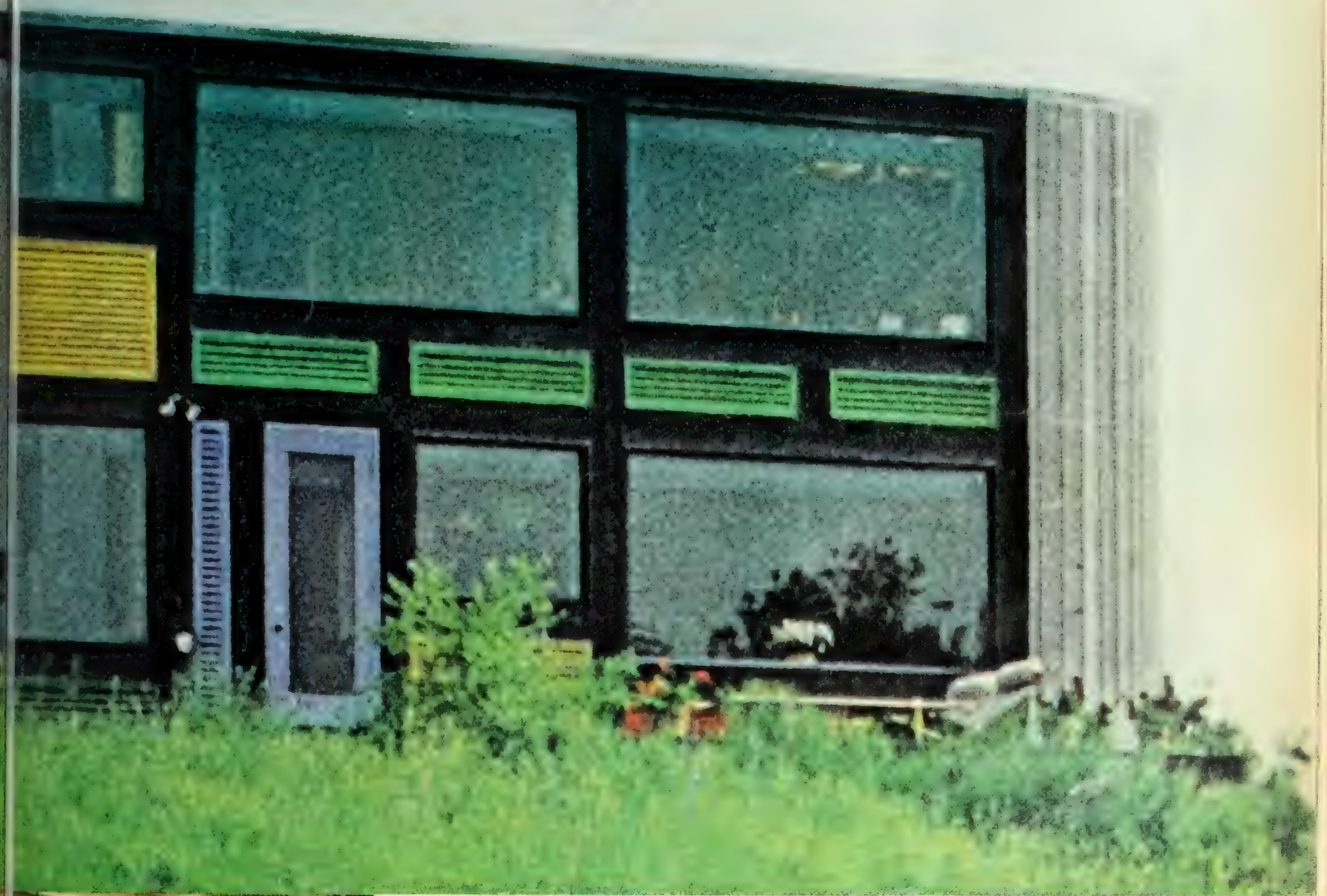








Below: Chrome Yellow, Real Red, Green Mint, and Wild Iris color ventilation louvers at the back of the house. The owners used ordinary enamel paint; same for the black deck. All canvas deck furniture comes from the Cado Collection at the Scandinavian Design store, Chicago. For building materials and equipment used in this house, please see page 136.





Far left to right: Master bedroom, quilted bed, long counter serves as make-up or desk space. The sculpture is by the wife. Open storage for personal belongings, trinkets, books. The "balcony" shows how the upstairs section is "cut out" to allow the double height spaces at each end in the living rooms below. *Stairs* in center of house catch view of pond. *In kitchen,* white Formica-topped counter divides working space from dining area. Counter stools are inexpensive, but good-looking design. Plants hang from exposed joists. *Dining space* flows into curved seating area. Overhead, exposed electric conduits with sockets along track for bulbs; the forced air heating duct.



ATEST DISCOVERIES ABOUT
HE EMOTIONAL POWER OF COLOR

Your Color Aura

What is it? How does it change with emotions, physical
nd mental well-being? Why scientists are encouraged about using aura to detect,
reat, and prevent illness.

By Beverly Russell

"What we are faced with is the fact that many aspects of reality which we comfortably thought were at best mythical...are emerging as vital for a complete understanding of the human organism as a whole."

Brendan O'Regan, Research Coordinator for R. Buckminster Fuller,
Design Science Institute

Today scientists all over the world are investigating auras, the invisible patterns of energies and force fields surrounding living organisms. They perceive auras through radiation photography. This is a sort of X-ray technique first developed in Russia by scientists Semyon and Valentina Kirlian, and now being adapted and used in this country at a number of medical and research institutions. Dr. Thelma Moss, psychologist at the Center for Health Sciences, U.C.L.A. California, author of *"The Probability of the Impossible"* is one eminent investigator. Dr. Stanley Krippner, Professor of Psychology, Humanistic Psychology Institute, San Francisco, and Director, New York Institute of Child Development, editor of *"Galaxies of Life,"* a collection of scientific papers, and Dr. William Tiller, at Stanford University are others.

Every living organism, including you, is surrounded by a color aura and now it can be photographed by a special process



RADIATION FIELD PHOTOGRAPHY BY KENDALL JOHNSON FROM THE LIVING AURA

Auras, streams of light—halos—are seen in luminous clusters of blues, lilac, green, reddish yellow, orange, and grays and can change color dramatically. The intensity of the glow and the shape can change too. At first, it was thought the alterations were due to variations in film or the technique of photography. But tests show conclusively now that the color changes are due to personal fluctuating emotions, and the physical and mental conditions of the subjects being photographed. What becomes increasingly clear is that the more scientists can find out about auras, the better they can learn to interpret them, then the more we shall understand about health and ill health and increase our ways of detecting, treating, and preventing human conditions, from depression to cold fevers. Prevention could be the most significant result. Some Soviet physicians agree they could diagnose and forecast the type of illness that would appear if the aura is not restored to its normal state.

Researcher Kendall Johnson, who works on experiments in the laboratory with Dr. Moss and is author of an informative new book *The Living Aura,* to be published by Hawthorn this fall, has noticed consistently that rest, relaxation, and a feeling of ease correlate with a wide, bright, smooth blue aura. Tension, apparently, tends to produce a weak interrupted aura. Anger and fearfulness can be associated with a large red blotch. Nervous conditions seem to affect the quality of color; physical disturbances affect the brightness. Experiments on cigarette smokers concur with other medical findings that smoking changes body metabolism and has a deteriorating effect on organic functions. "The energy image changes significantly after smoking and inhalation from cigarettes," reports Mr. Johnson.

Another further fascinating discovery is that auras can change when two people are in close proximity. In some cases there is a definite repulsion between respective auras, in other cases they join. Friends working together seem to generate brighter auras than two strangers working together. Is this telling us something about the "vibes" going on between two people, Mr. Johnson asks? Our vocabulary in everyday language is loaded with terms describing interpersonal relationships in terms of associations with energy. "He's really charged." "She's a drag." "He electrifies me." "She has a magnetic personality." "What a warm person." "She drains me," and so on. In human interaction and contact, Mr. Johnson concludes from his tests, there is a transaction taking place between some individuals so that energy is accumulated and has a nourishing effect. In other cases, energy is grounded, thrown off, or has a depleting effect.

The study of auras is providing a link to things that Chinese medical practitioners have been talking about for the last 5,000 years. To the Chinese, the art of acupuncture is a method of reestablishing equilibrium in a body that has lost its balance, where energy has been slowed down and sickness results. Oriental massage is practiced for the same effect. In Chinese medical thought there are no specific diseases. Bodily symptoms, whether we call them arthritis, asthma, or whatever, are re-

Your Color Dreams

■ ARE WOMEN MORE AWARE OF COLOR THAN MEN?

■ WHAT DOES THE COLOR MEAN?

■ WHY DO SOME PEOPLE DREAM IN COLOR AND NOT OTHERS?

New clinical findings that will help you understand your dream life

By Caroline Seebohm

We all dream every night, and yet funnily enough, it is often very difficult to remember whether we dream in color or not. And if we do remember, we seem not to agree about whether our dreams are in color or black and white. But of those House & Garden readers who answered our question in the color questionnaire, "Do you dream in color?" almost two-thirds stated they always or often *do* dream in color.

What, then about the other third? Why do some people dream in color and not others? What does it all mean?

An important experiment conducted by Dr. William Dement and Dr. Charles Fisher of the Department of Psychiatry, Mount Sinai Hospital, New York; and Dr. Edwin Kahn and Dr. Joseph E. Barmack of the Department of Psychology, City College of New York, reported the following findings:

1. A high 82.7 percent of their subjects dreamed in color.

2. People tend to say they dream in color more often when asked about it *immediately* after they wake up from the dream.

3. Dreaming should be considered a colored rather than a black-and-white phenomenon. "It would appear," the doctors declared, "that it is the lack of color rather than its presence in dream recall that requires explanation."

I asked Dr. Edwin Kahn, one of the contributors to this study, why people think they dream in black and white.

"Color *fades,*" Dr. Kahn explained. "That is why it makes such a difference *when* you ask the question about dreaming in color. If you ask someone right after he or she has woken up from a dream, you are much more likely to get a color response. If you wait, and ask sometime later, then the color might have been lost. It is also possible that people who sleep very deeply may lose color in recalling their dreams."

We take color so much for granted, that often the color in a dream cannot be recalled. But you can check this yourself—if you wake up from a dream and cannot be sure if it was in color or not, start describing the dream. For instance, in Dr. Kahn's study, one subject mentioned she saw "a bar of soap in the bathtub with the baby." When she finished describing the dream, without making any reference to color, the experimenter asked, "What did the soap look like?" The subject replied, "Like any bar of soap looks. It was round, it was *pink,* and the baby was playing with it in the bathtub." In other words, you may not realize your dream was in color until you describe an object that you can definitely characterize as colored.

Color in dreams can mean a lot of things. It can simply represent reality. It can be symbolic, that is representing an emotion or situation that you do not wish to deal with in a realistic way. For instance, if you are very concerned about a person, the color or colors you associate with that person may dominate your dreams. Or it can be the effect of a recent memory. For instance, Dr. John Hermann, an ophthalmologist, made a group of people wear colored goggles all day long (the same type of experiment can be done with people sitting in a one-colored room for a length of time) and their dreams turned out to relate very vividly to the color to which they had been subjected.

Several reports indicate that women tend to dream more vividly in color than men. Some investigators suggest this is because women have more intuitive and imaginative natures than men. Dr. Kahn's more rational view is that women usually make more color *decisions* than men—they are constantly thinking about color in their clothes, in their houses, and so forth—and this is reflected in their dreams. Indeed, Dr. Kahn ventured to suggest that the reason for the high percentage of our questionnaire respondents dreaming in color might be attributed to the fact that House & Garden readers are more aware of color in their lives than other groups —an irresistible conclusion! ■

ded as an indication of *where* he body the energy flow is out balance or damned up. Acuncture needles are inserted in one of 700 points in the body timulate the energy flow. (When edles are used to produce anal-sia, the needles are stopping a w of sensation to the brain, so n is not felt.)

Skepticism about this mode of dicine and the existence of the upuncture points is gradually inishing in the West, following studies of aura photographers. Johnson has been able to de-t acupuncture points through eas of changeable luminescence auras. And from this discovery developed an acuometer, an trument capable of amplifying tiny current produced on the n at places that correspond h the traditional Chinese acuncture points.

n the same way, Dr. Moss and Johnson have been able to nclude that there is something re than meets the eye when it mes to therapeutic massage. At ir laboratories, people with own healing powers in their nds were called upon for experints with medical patients. Raition photography disclosed t after the healing experience, healer's aura became weaker d the patients, who began the periment with thin, broken, and tched auras, showed large ar auras. The healers wound in the place where the subjects gan. "The pictures spoke for emselves," says Mr. Johnson. omething occurred."

Why are some people blessed h a green thumb and how is it at others seem unable to make ngs grow and are known as own thumbs? Experiments on s level of touching have been warding, too. When Mr. Johnson ked Mr. or Ms. Green Thumb interact with a damaged leaf, holding his or her hand 5 or 6 hes above it, the leaf's aura came brighter. When Mr. Brown umb did the same thing, the ra dimmed. And when Mr. own Thumb did what he deribed as "zapping it," he found could almost make the aura sappear altogether. Energy exanges, then, undoubtedly exist rough the hands. "The implications of our research are very broad," concludes Mr. Johnson.

In the future, how will we go about detecting the state of our auras and checking on the balance of our personal color waves? Mr. Johnson suggests that instead of going to a doctor, we may climb into a Lucite cocoon and have various points in our body connected up to a whole complex of wires and scanning devices. This information might be processed through a computer to analyze harmony and disharmony.

Meanwhile, there are a number of Kirlian photographic kits available, which can be assembled at home by the amateur scientist, to experiment with. They range in price from $10 to several hundred dollars. One from Edmund Scientific Company, Barrington, N.J. costs $49.95. Mr. Johnson, who started out by assembling his own in a garage for $50 says: "No special knowledge is needed to operate your own equipment."

Does all this seem too unbelievable? Aldous Huxley said: "What should we do about events, which by all the rules ought not to occur but which nevertheless occur? Two courses are open to us. We can either shut our eyes in the hope that they will go away and leave us in peace—or we can accept them for the time being as inexplicable anomalies." ■

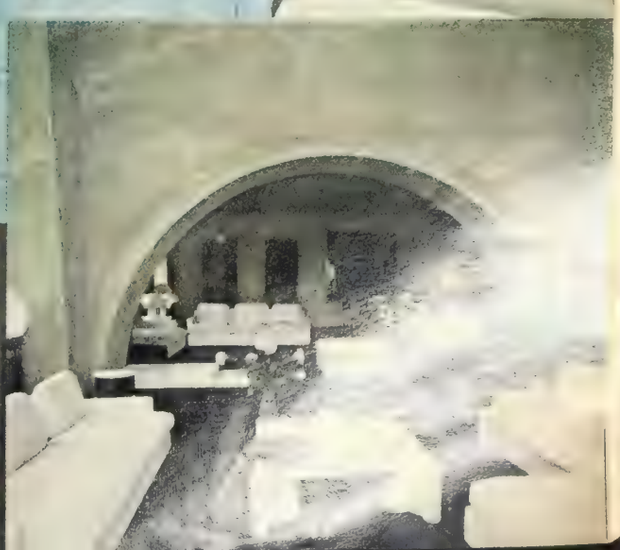
FRESH COLOR AND A FRESH LIFE FOR AN OLD HOUSE





When a couple with three young children decided to remodel this landmark farmhouse, they wanted colors and materials that would be practical and in airy contrast to the heat and brilliance of their hilltop overlooking the sea. They also wanted a small private garden with bright flowers that would flourish despite dry, sometimes roisterous, winds. Milanese architect Gae Aulenti glassed-in an open gallery at one end of the house to form a cool cave-like living room. Different size panes add interest to the arches. She terraced the lift of an adjoining slope to make an enclosed garden as refreshing to look at from indoors as it is for sunbathing, reading, sitting in the cool of the evening. For the house, Miss Aulenti used black slate for the floors, chose pale pink or natural linen for sofas, cushions and designed furnishings including tables, leather-and-chrome chairs, globe lamps.

Opposite page: Stepped garden adjoins glass-arched living room, once bare and open to a wind-swept slope. This page, above: Living room looking out toward flowers and, below, viewed from garden doorway. Color plan of black, terra cotta, and watered, shell-pale pink makes house cool.





A GARDEN IN STEPS

An amphitheatre of flowers—a surprise and yet so sensible. The small garden's enclosure of warmth, fragrance, and privacy invites everyone outdoors from earliest spring to the last golden drop of summer. No scouring wind can undo this garden's spring daffodils and tulips or summery cascades of lavender-pink ivy-leaved geraniums and passion vine. The rows of low sedums, succulents, and other plants are chosen to resist summer drought as well as wind. Although this garden is high above the Italian fishing village of Portofino, the idea and plants are suited to hot summers or dry climates anywhere: spiky aloes, red-flowering Dragon Blood sedum, red echeveria (E. pulu-oliver), pink-petaled ice plant (Lampanthrus, also known as Mesembryanthemum), a broad ribbon of golden gazania (G. ringens), lavender-blue ageratum. Flowers are always in bloom, or changed as needed from a nearby nursery bed at one side of the house. The terracing is sculptural land art; the planting is a kind of painting. To frame the garden at the top where land and sky meet, a *sempreverde* bed holds small evergreens so informal and hardy that they are no bother at all. More ideas and plan of this garden on page 200.

This page: Colorful garden protected from wind. **Opposite page:** Hilltop house, garden, grape arbor. Dining room with black slate table, pink linens, centerpiece of red roses and cherries. Master bedroom opening to rooftop overlooking garden. Child's bedroom with step-up guest bed, built-in table.

LEONE PINTO/ECL CAM

Thinking Color
Thinking Carpet

What's available? What's best for you?
What should you know about carpet?
Some experts give you pointers.

What do you want it for? Where will you use it? How long must it last? Skidmore, Owings & Merrill are architects who think a lot of carpet—46,000 square yards, for instance, in a corporate headquarters just designed in Westchester. "We use a cut pile for a luxurious look," says Jack Dunbar, senior designer in charge of interiors. "Loop gives a tailored look." In hospitals and public dining rooms, he might specify a monofilament fiber for long-lasting strength. "With a central vacuum system, cleaning a carpet is easier than mopping a floor." Since many office buildings have wide-open spaces these days, he has begun to use patterns—"something interesting"—in public spaces, with solid colors for private offices. "Economics always affect what you decide to use," he says. Wool, his favorite—"a natural fiber, so it has natural reactions"—is expensive and sometimes in short supply. So he might recommend one of a range of man-made fibers.

What carpet?

"You should know the kind of feeling you want your room to have, but the less prejudice you have about fibers, the better," says Ted Einstein of the large carpet retailer Einstein-Moomjy. "Ten years is a perfectly reasonable estimate for the life of a carpet, and it's quite likely that you'll be bored and want a change long before a good carpet wears out. If you put yourself into the hands of a knowledgeable salesperson, let him help." It should be a pleasant experience, says Mr. Einstein. If it isn't, look elsewhere.

How might YOU use carpet?

If designer Bill Machado has a small space and wants a feeling of size, he might carpet the walls too. If he carpets, he covers up the whole floor. "It simplifies floor care if you have to do only one kind." His favorite is natural wool in uncut pile, undyed, to let objects supply the color.

Architect Douglas Kahn, who designed the room on the opposite page, carpets walls—and furniture, too. Carpeted platforms become chairs, lounges, tables, places to put things. He likes a room to be firm, but to feel soft.

WHAT DO YOU LOOK FOR?

Face weight is the first key to carpet quality, says K. Robert Najarian of Skidmore, Owings & Merrill. That's the amount of yarn you have to wear through before you wear the carpet out. There are federal standards for minimum face weights, and most major manufacturers include the face weight in their descriptive brochures. Thirty-five ounces of wool or Acrilan per square yard is fine for residential use, says Mr. Najarian. S.O.M. specifies 50 or more ounces for commercial installations. Your carpet salesman should be able to get the face weight figures for you.

Be sure the label identifies 100 per cent of the **materials** used in making your carpet. Carpet makers can buy reject yarn and identify it as "other" on the label—though legally "other" may merely mean less than 5 percent of the total. Muddy colors are one giveaway. The best insurance of quality is to shop in a quality store, to buy name-brand carpet.

Backing may be jute, a synthetic, or cotton. If the carpet is good quality, the backing is not likely to give trouble.

Construction is a matter of choice, and of use. Woven carpets have the more stable structure. Most fine Orientals are woven. Wilton and Axminster carpets are woven by processes that allow a pattern to be put in on the loom. Tufted carpet—broadloom—is the most widely available, 60 percent of all sales according to retailer Einstein. Yarn is punched through a backing to whatever depth is wanted. Loops—pile—may be cut or left whole. Indoor-outdoor carpets are often felted. Carpets can also be knitted. It's an inexpensive process and is used almost entirely for small rugs. Several manufacturers have other new and promising processes.

Check **flammability.** Most deaths by fire are due to inhaling the smoke and toxic fumes of burning materials, so all carpets must now pass a federal test for resistance to fire.

Check **insect proofing.** Man-made fibers are naturally resistant, but natural materials should be permanently treated against moths and carpet beetles.

A good carpet deserves a good **underlayment.** Mr. Najarian of S.O.M. recommends hair and jute sandwiched between rubber sheets, which sells for about $2 a yard. Any underlayment will protect and prolong the life of a carpet, and the best is only marginally more expensive than a makeshift.

How do you care for carpets?

- Put it down with a good underlayment—and do *watch where you put it.* If it's within 15 feet of an outside door, put a mat outside the door and a small rug inside to catch tracked-in grit that can cut the life out of a carpet.
- *Vacuum* thoroughly at least once a week. Vacuums with beater bars can generally dislodge more dirt than straight suction vacuums.
- *Wipe up spills promptly.* If you use a chemical spot remover, test it in an out-of-the-way corner first to make sure it won't affect color. Avoid getting the carpet too wet.
- Periodically the carpet will need a more *thorough cleaning.* Most people find it easiest to call in a professional who will either clean it where it is, or take it to his plant. It is also possible to do it yourself. The Carpet and Rug Institute (Dalton, Ga. 30720) and the Consumer Education Center (Johnson Wax, Racine, Wisc. 53403) give details in guides to carpet care.
- Shift your carpet from time to time if you can, to *even out the wear.* Consider using small rugs in traffic lanes.
- Save the *label.* It has information you may need later.



A one-room place to live where the furniture is mostly carpet

A long, high, narrow space with skylights to contain all of a full city life—how to do it? Architect Douglas Kahn and designer Stephanie Mallis did it with carpet, an all-over neutral loop that pads three levels, eliminates need for most furniture. Sleeping is high on the third level at one end *(opposite, top)*; eating is low, at the other *(opposite, bottom).* Yellow paint emphasizes structural beams, draws the eye to the skylights. World Carpet in Kodel III. Guilford/North fabric (Dacron with Scotchgard) from F. Schumacher on bed. Tru-Test paint.





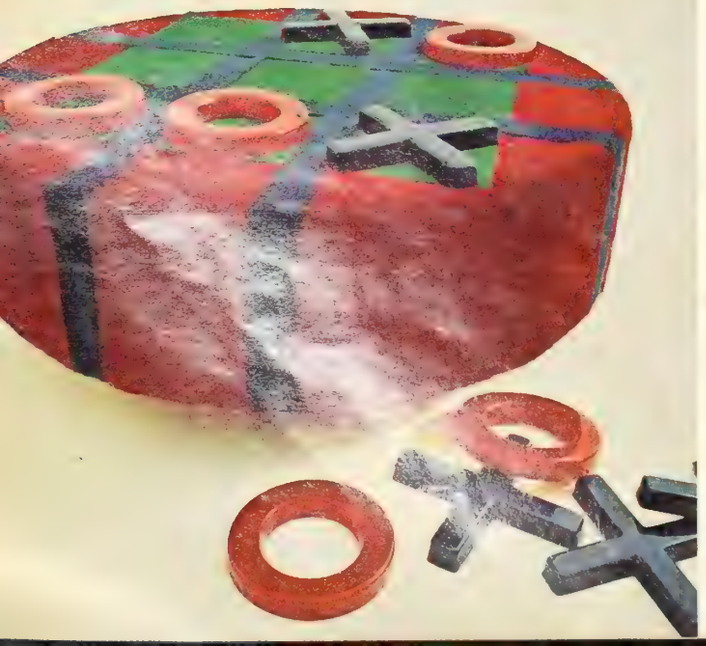
7 new things you can make yourself



eometry, imagination, and carpeting. With these, Douglas ahn and Stephanie Mallis, *above*, invented environments.



play sculpture, carpeted to cushion the bumps, with caves, nnels, slides, *above*, all child-sized. Gulistan Enkalure ny-n. Tick-tack-toe table, *below*, plywood with Bigelow Acrilan.



Why carpet? It's warm to look at, soft to touch, it absorbs sound, and it adds a little to energy-saving insulation. Besides, it's fun. With carpet you can turn a hallway into a three-dimensional piece of modern art, or make a table, or deal with a problem wall. Architect Douglas Kahn and interior designer Stephanie Mallis, of Kahn & Mallis Associates, use it to solve a lot of tricky design problems, either where space is tight and they want to make it look uncluttered and relaxed, or where space is plentiful and they want to fill it with furniture that looks a little sculptural. Projects shown here are some of their answers. Most home carpenters would have the skills needed to make them, according to Joseph Staiano, who put the stripes on the walls on these pages. Here's how you do it: Collect a chalk line, a plumb bob, a ruler (preferably metal), a razor knife, a crayon or felt-tipped pen for marking, some contact cement, and a staple gun. To carpet the wall, mark the project onto the wall exactly, using chalk line and plumb bob, making sure it's perfectly straight and plumb. Unroll the carpet upside down on the floor, copy the measurements from the walls, marking the carpet backing every 4 to 6 inches, making straight lines with the chalk line. Remember that curves must be reversed because the carpet is upside down—and if you feel uncertain, make a pattern with newspaper or wrapping paper. Lay the ruler along the lines and use it to guide your razor knife. Cut the carpet. Check the pieces to make sure they fit, then spread wall and carpet backing with contact cement, wait until the cement gets tacky, then apply the carpet to the wall. Staple to hold in place until the cement dries. The pile will hide the staples. To carpet furniture, make a paper pattern, check to make sure it fits. Do outer sides first, cutting carpet an inch *larger* than side. Notch the edges, then spread cement. Wrap carpet around the edges of the furniture (notches will prevent puckering, pile will hide them), staple in place. Cut a paper pattern for inside surfaces, and cut carpet to butt the wrapped edges—don't overlap them. Apply cement, staple in place, and let dry.

TOM YEE SUSAN WOOD



A narrow hall with half a stairway becomes an arresting sculpturing of spa Carpet in three colors zigzags up the stairs in stripes that make the hall seem wider than it really is. Carpets are by Patcraft of Kodel and Creslan. **Carpet details on page 138.**



Movable wall art—diagonally striped carpet. Eight panels in counter stripes to arrange to please your eye. Bigelow nylon.



A rainbow with chair, a place to relax at its end. Light along the floor widens a narrow space. Carpet is nylon by Karastan.



Two-in-one table, triangle and square bolted together, is carpeted all over so either end can be turned up. Acrylic and Antron III nylon carpet by Philadelphia Carpet. Freeform chair of carpeted plywood, *below*, rocks or balances for sitting on either end or simply lounging. Enkalure nylon carpet by Gulistan. Map rug, *above*, from a 4′ by 6′ Hammond outline map, is in a variety of textures by Philadelphia. Pieces are seamed together with Iron-on Carpet Seaming Tape by Conso.





What's new that's good to your eye, taste, figure, and health?

FOOD, WOND

We're moving to lighter, healthier food faster than you may think. What do the doctors say? What's the food world doing about it? Plus lots of terrific new light food ideas from across the country

Today we know more than we've ever known about nutrition and health. The right diet now comes into any expert discussion about good bones, skin, eyes, teeth, hair, blood sugar, and—the most talked-about subject of all in recent years—a healthy heart. That is why the way we eat, what we eat, and how we eat has suddenly moved into a new sphere.

Wherever you go, here or abroad, you'll feel a new awareness—about protein and vitamins, about nutritional values, about the world food situation, about using lower calorie ingredients in recipes, about making healthy food more attractive. People today lead busy, energetic lives and entertain more and more at home—who wants to be slowed down by heavy meals?

According to the Economics Research Service of the Department of Agriculture, **meat consumption per capita is down**—from a high of 192 pounds in 1971, to 188 pounds in 1974 and a projected 185 pounds in 1975. **Sugar consumption is down**—from 103 pounds per capita in 1972, to 97 pounds in 1974 and a continued downswing projected for 1975. **Butter consumption is down; potato consumption is down.** Fresh vegetable consumption is **up;** fresh fruit consumption is **up**—from 75.6 pounds in 1973, to 78 pounds in 1974 and upwards again for 1975. **Starch consumption is down** by 50 percent and **corn** by even more.

So what's happened to our food? It's more healthy, yes, but it's also more *interesting.* The old "diet food" image is vanishing before the enticing new light ways with classic recipes that our great cooks are coming up with. Cooking classes are booming. Meatless days are becoming a habit. Chinese and Japanese foods are more and more popular. Health food stores, once a fad, are now a familiar sight in cities and towns. French *haute cuisine* is in the middle of a revolution—from recipes full of rich ingredients, cream and butter, and heavy cream sauces, to new, irresistible lighter food. Even in the top French restaurants in America, people are asking for lighter things. At the Bistro in Beverly Hills, the number one most popular luncheon item is cold salmon served with sliced cucumbers. Number 2, is *boeuf en gêlée,* and number 3, chicken princess in aspic. Says the Bistro: "We serve one potato salad a year. Our regulars lean to fruits for dessert more and more. The most popular are big stem strawberries served on crushed ice." At New York's La Grenouille, Madame Masson says people are choosing cold poached striped bass with a starter of fresh asparagus.

In short, food-for-health is here, *now*—but as Julia Child said, "Haven't we been doing this for years?" At House & Garden, for instance, we offered two new reducing diets back in January, 1970; in May, 1971, look for our luscious fruit—quick delights and surprising recipes; then our fresh from the garden cookbook, April 1972; 20 quick fresh fruit ideas, July 1973; 20 quick ideas for summer salads, August 1973; delicious quick meals in a wok, January, 1974; ten diet sherbets, June 1974; cook-ahead cool summer meals, July, 1974; 10 great vegetable main courses, April 1975; low calorie salad dressings, June 1975; irresistible diet food, July 1975.

The new "light food" consciousness that is happening everywhere comes together in this issue; new American home cooking on page 125; wonderful calorie-conscious French menus from Michel Guérard on page 126; delicious light eating, Italian style on page 123; ideas and recipes from doctors, food experts, restaurant owners, and hostesses across the country, who are sharing in the light food movement that is changing—for the better—all our lives.

Dr. Richard Hurley,
Deputy Vice President, American Heart Association
"Diet has changed for many reasons. People are getting more information about nutrition, based upon the diet recommendations of various groups. People are more health conscious because they believe in the role of diet in reducing risk of heart disease. They are watching their weight more, they are exercising more. You don't see nearly so many people who are overweight as you used to. We live with it ourselves—our Heart Association volunteer staff are very health conscious. For instance, the menus at our meetings are based upon our diet recommendations—fruit or a clear broth to start, broiled chicken or poultry, a green vegetable without butter, tossed salad with corn oil and vinegar dressing, and a light sherbet dessert or fresh fruit. That's a typical luncheon menu we might have."

ERFUL light FOOD

A report by Caroline Seebohm

Dr. Georgina Faludi,
'ormer chief of the
Special Diabetic and Obesity Clinic,
Hahnemann Hospital, Philadelphia
'The problem of excess weight and ncorrect dieting cannot be over-emphasized. At the moment we ıave 10 million people struggling to ceep down to their normal weight—ınd as long as two eggs with bacon s the standard American breakfast ve are not helping them. We have oo many fad diets—but with more ıutritional knowledge, this is chang-ng. It's not eating little, it's eating ›roperly that counts. I'd much ather see children drink water or nilk or fresh juice than soft drinks. n a country where we have the ›est food available, it would be vonderful if everyone could learn ıow to eat properly and enjoy it—hat is the way to good health."

Dr. E. Cheraskin,
›rofessor and chairman of the
)epartment of Oral Medicine,
t the University of Alabama,
ınd coauthor, Psychodietetics
Stein & Day)
More and more patients are asking heir doctors about diet, and that is ›utting pressure upon the medical ›rofession to become more knowl-dgeable. (Even the American Aedical Association's Council on Foods and Nutrition has said that ne of the worst taught courses in ıedical school is diet.) It is time ow to talk about diet—it is vital to ımerica's health. If we can influ-nce large numbers of people to ›rovide their brain cells with nough nutrients (mineral, vita-ıins, essential fatty acids, amino cids, and others) to keep them in easonably good working order, we ave done more to combat all nown ailments than we could by iscovering one more miracle drug. Common sense would dictate that Vhat is good for the body is good or the mind. We agree with that old statement—'you are what you eat'—physicially and emotionally. The nation can enjoy a healthier future if we can improve our eating habits."

Julia Child,
food writer, teacher, and
TV personality
"I think the French are catching up to *us!* At last they are becoming more health conscious and a little more sensible. Some of those meals with nothing but foie gras, truffles, and pastry are enough to choke a horse. We've been serving informal, light meals for a long time—it's been going on in America for years. You at House & Garden have been running low-calorie recipes for some time—yoghurt salad dressings, and so on. Anyone who is sensible and watches calories will cook like this."

Helen Corbitt,
food consultant to the
Greenhouse Spa, Texas
"Wherever I've traveled, I've seen people eating much lighter food in America—plain grilled food, less sauces, fresh vegetables and fruit, less heavy desserts—and more wine than hard liquor. It's a health awareness that is completely new. People entertain more informally. On a recent visit to Colorado, almost all the entertaining was buffet."

Maurice Moore-Betty,
food expert and cooking teacher,
New York City
"The secret to healthy eating is the balance of a menu, and Americans are becoming aware of it. I like a menu to have three courses—from a diet point of view, one stands a better chance of getting everything the body needs in three courses, rather than having a lot of food in one course. Plan light menus—light soups, such as consommé, for a first course, or good fresh vegetables as a course served separately; light meats without sauces, or with a natural sauce—in other words, not a sauce fortified with cream or egg yolk. For dessert, some wonderful fruit. Lamb with *pommes boulangère,* for instance (recipe, House & Garden October, 1974) and—vegetables as a first course on their own."

Mrs. Eugene Strauss,
hostess, Kansas City
"Recently at a series of buffets divided into age groups, the young people ate the least. So perhaps it is the young who are most in tune with calories, cholesterol, and the new food consciousness.

"Foods that used to be starters—such as tomato aspic—are now main courses. And in earlier days, if you went to a cocktail party there would be chickens, hams, and so on as hors d'oeuvres. Now it's cocktails and little else!

Maurice Tuckman,
Curator of Modern Art,
Los Angeles County Museum of
Art, and party-giver
"At a recent luncheon, the menu was large platters of smoked fish—whitefish and salmon. Another platter had sliced corned beef, sliced pastrami, sliced prosciutto; a third sliced melons. Bread was rye, pumpernickel, sliced bagels in baskets. All but the bread was devoured—only 5 percent of my guests ate any bread at all."

Marilyn Evans,
hostess, New York City
"You can cook with skim milk—and egg substitute can be used in baking. In soufflés we don't use flour—we use cornstarch, potato flour, or arrowroot.

"In summer you can make wonderful cold soups that are not fattening at all—and very healthy—with vegetable bases and without cream. Use yoghurt instead. Cold pea soup, for instance, or romaine lettuce soup. Romaine soufflé is superb. Make a meal out of hors d'oeuvres—tiny little shrimp with a Russian dressing made with yoghurt; pressed cucumbers, grilled sardines, a cold string bean salad—or salad Niçoise. The tradition of five courses went out long ago.

Mrs. Warren H. Clark,
hostess, San Francisco
"For a small dinner, we serve three courses; if it's a big dinner, four simple ones. Soufflés lighten a meal, either to begin with or as dessert. A sample light menu for a party would be avocado mousse to start with, then a bouillabaisse made with a basic fish and fresh clams, and salad; then a soufflé for dessert."

Continued on page 140

The recommended dietary allowances issued by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences are also **down**—in calories, and in proteins. For instance, in 1968, the recommended number of calories for females aged approximately 35 was **2,000,** and **55** grams protein per day; in 1974, the revised number of proteins was **down** to **46** grams; and for females aged 51 plus, the revised number of calories was **down** to **1,800**—a significant trend.

Eat yourself slim the French way...



ristine and Michel
érard's restored spa-
el at Eugénie-les-
ns in Les Landes
outhwest France.

with three days of superb food planned especially for House & Garden readers by the famous young French chef, Michel Guérard. The spa-hotel he and his wife Christine have created is the talk of food lovers and health seekers

By Naomi Barry

This nature-defying miracle has been realized by Michel Guérard—the most deliciously inventive French chef of our generation—at Eugénie-les-Bains, a charming hideaway in southwest France where smart Parisians are slimming down in an atmosphere of festive gaiety.

The first step was a Personal History. Guérard wanted to lose weight to win the girl. (He is now married to the willowy Christine.) While paring down the avoirdupois, however, he had to keep his balance. Working in a professional kitchen can be fury and violence, demanding stamina and cool control. The usual programs had reduced him to a state of nervous distemper followed by disastrous eating binges.

Guérard turned his back on the doctors and the specialists and decided to test-pilot his own way. He went at the problem like a chemical researcher in a kitchen laboratory, applying his usual logic, imagination, talent, and taste. He is enough of an artist to admit his trials occasionally result in error.

It is an established fact that on approximately 1000 calories a day, even "too too solid flesh" eventually will melt away. From his own case, Guérard had observed that prolonged deprivation and boring repetitiveness had a depressing effect upon the spirit. He set about to develop delectable dishes—strong on flavor, short on fat—the sum of which would fit within the desired calorie count. An occasional excess could be countered the next day.

His goal was a *Regime Minceur* (Slenderness Regime) with sensory excitement. The new repertoire is rapture to the palate and delight to the eye. Non-weight-watchers effusively praising an estouffade of milk-fed lamb with tiny onions and purée of green beans or a navarin of lobster have no idea they belong to the category of Non-Fattening Spectaculars.

To rise from a beautifully set table, lightly but satisfied, is a savvy way for civilized people to eat. The three-course meals are designed for total pleasure, including the after effect. Never before have I followed a regime supposedly good for me without having my mind riveted to the image of a chocolate cake. Guérard has not renounced the principles of French *haute cuisine*. Rather he has employed every trick and technique to adapt French *haute cuisine* to the dynamics of contemporary life. Instead of bemoaning the absence of bread, potatoes, and foie gras, one is captivated by Guérard's unexpected combinations, subtle counterpoint of flavors and stunning composition of elements on each plate.

Pots of green plants roll around terrace on old iron bedsteads, *below*. Christine Guérard may set a basket of pumpkins on a stair landing or a chestnut-filled copper fish poacher on a table.



	FIRST DAY	SECOND DAY
lunch	Onion Tart Grilled Veal Scallops with Tomatoes Provençal Sherbets with Fruit	Eggplant Caviar Cider Poached Chicken with Apricots Orange à l'Orange
dinner	Artichoke à la Poule Fish under Prairie Herbs with Mousse of Watercress Lemon Pots de Crème	Asparagus Soufflé Grilled Fillet of Beef Chocolate Granité

	THIRD DAY
lunch	Tomato Tart Banquette of Veal with Purée of Cauliflower Coffee Pots de Crème
dinner	Carrot Kugelhupf with Purée of Artichoke Brochettes of Scallops with Sabayon Sauce Melon with Strawberries

reakfast

offee, tea, or Tisane d'Eugénie. Choice of ruit or portion of low-calorie white cheese, r soft-boiled egg served with three aspargus tips for dunking into the yolk.

idmorning and before dinner

all glass of Tisane d'Eugénie garnished ith fruit and mint (please turn to page 26 for all recipes).



The Guérards, *opposite page to* make an art of presentation. Michel garnishes lobster with precisely cut vegetables, *far rig* Lobster shells lend a touch of color to trout steamed with prairie herbs, and coffee *pots de crème* are offered in a baskety bird's nest. Christine, *left*, fills the rooms with flowers and sumptuous arrangements of lea She and her two sisters grew up within the family property near Toulouse in an old-fashioned, old-world way. She learned abo trees, flowers, and herbs of the countryside. From the family co she learned to make preserves. She studied in Spain, Paris, and England, worked a year in Mexi before her father turned over Eugénie-les-Bains to her to bui





Low-calorie news in classic French food

In a typical day's menus at Eugénie-les-Bains, he meals have been designed to be as inter-changeable as dominoes. Rigidity is not part of he Guérard personality.

No beverages are served with meals as it is elt that liquids tend to prevent proper chewing. Mid-morning and before dinner, you are given a all glass of the Tisane d'Eugénie. Should you ave it at the bar where other guests may be aving a Scotch or a Campari, you will not feel ut of place. The Tisane is presented with the glamour of a Planter's Punch in tall frosted glasses garnished with a slice of apple, a slice of range, a grape, a chunk of pineapple, a sprig of resh mint. (Christine knows every herb and lant of the area and its medicinal properties, aving been taught by an elderly botanist.)

For the past ten years, Michel Guérard has layed the Pied Piper of Gastronomy leading gourmets into un- *(Continued on page 136)*

BEADLE









Low-calorie food that's a feast for the eye

Michel Guérard cutting herbs in the kitchen garden, *opposite page far left*. Chervil flavors the pigeon salad, *inset far left*, and on the table in one of the dining rooms. Behind it Christine Guérard's preserves are lined up on a wall she designed and had made for them. In winter, when the spa is closed, she moves authoritatively into the kitchen for a fortnight, preparing *confit d'oie*, goose preserved in a manner special to southwest France. "She makes the best *confit* I know," says Michel.

Michel Guérard composes each plate in the kitchen on the oversized plates he prefers. *Above top*, cider poached chicken. *Above left*, an assortment of sherbets, garnished with fruit. Sauces, apricot or currant, are for non-dieters. *Left*, apéritifs—goblets of Tisane d'Eugénie, chilled, garnished. In the dining room, *above*, the much admired, wide-ribbed piqué tablecloths were fashioned from a long overlooked bolt in an old fabric shop. Christine antique hunts with delight, piles up what she cannot use immediately in a big studio-storeroom she calls her atelier.

Hot Fudge Pineapple





One through 11, all in Hot Fudge, underlaid with a cotton fabric in Reef Blue and green called "Stripe" by Key West. **1** Versatile black-and-white TV. 12-inch screen has removable sunshield. AC or 4 hours of viewing on battery pack. RCA Sportable. **2** No peeking necessary—canisters have window to see contents and quantity. Copco. **3** Drainer tray teams with dish drainer for the last word in dishwashing fashion. Rubbermaid. **4** Different front and back double the pleasure of shell pillow by Hot Air at LCS. **5** and **7** An enviable collection of Le Creuset enamel on cast-iron cookware. 1½-quart pâté terrine, 12-inch skillet, 5-quart chicken fryer and cover, 4½-quart round French oven with cover. **6** Thoughtfully designed mixing bowl—3-quart with big handle for hanging on tight. Rubbermaid **8** Believe it—it's a lamp called "Balls" only 4 inches high, sits and swivels on base. George Kovacs **9** It's cooler to be a little (6 by 4 inches) selfish with a personal fan. Braun **10** There's always a place for a pretty plate. Front to back: "Feathers" handpainted by John Curran in Shell and black. "Flamestitch" china in Hot Fudge, Vanilla, Oyster White, Pure Cream. Bonwit Teller. "Wicker" plate in Hot Fudge and Vanilla. Schmid Brothers. **11** Such an honest and open face! Eclipse bath scale with sturdy Lexan cover. Hanson **12** A dynamite kitchen color story. A vast U of white for equipment and work space, surrounded by walls and ceilings of Creamy Apricot and floor of 6-inch quarry tile. Custom white Formica cabinets. KitchenAid

Peach Blush Pure Cream

Some of the freshest, prettiest colors now, House & Garden calls "American Watercolors." Here are some decorating finds in tender yellows and greens, cool blues, delicate pinks and whites, enriched by Hot Fudge. All ready to buy in stores across the country.



SUSAN WOOD

washer. On far left wall, two electovens by Thermador. Floors by R Johnson. Interior design by Patino Associates. **13** Inviting ge chair designed by Matti Halme rster White cotton. Domani Divi- of Burris. **14** Dried field flowers n on a Shell background. Vinyl overing by Carleton V. **15** Towels match your color mood! "Luxor" neapple, Vanilla, and Hot Fudge, ex; "Grand Velour" in Reef Blue, Fine Arts; "Adam's Rib" in apple and Vanilla, Wamsutta. eep, yet flashy—"Flap" sectionfa, 35 inches deep by 25 inches in Pineapple cotton canvas. By n. **17** Colors are soft to the eye. noir Pastel" sheets in solid h Blush, Vanilla, Pineapple, the t orange, blue. By Spring Maid. ping information on page 138.







DAVID MAISEL





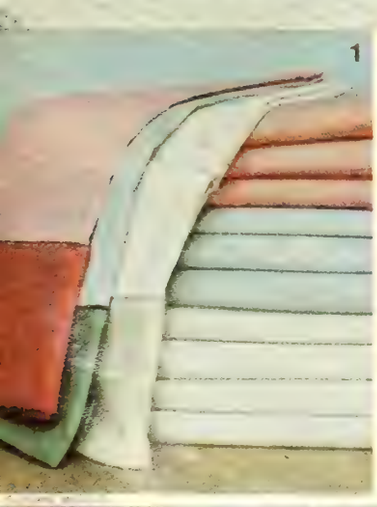
continued

Seafoam Green

Reef B

Walking into this sitting room would be
walking around a corner and suddenly ca
ing a light, cool breeze. Seafoam Green w
and curtains create a good environmen
relaxation. Pineapple touches in pillows
friendliness, Peach Blush and rose acc
for warmth. Furniture is arranged so
the room is comfortable for one person
group. Fabric on walls and for curta
"Flax," by Hinson & Company. Sofa char
quilted fabric is Oyster White linen
Hinson. Herringbone-patterned rug i
dhurrie from Rosecore Carpet. Large pa
ing above sofa, "The Ark" by Julio Fernan
Larraz from FAR Gallery. Gilded convex
ror from That Special Something. Inte
design by Kevin McNamara, Inc. for the
nual Kips Bay Boys' Club Decorators' S
House. **1** Good-looking solid colors in sh
designed by Anne Klein Designer Studi
Pure Cream/camel; peach/terracotta; li
dark blue. From Burlington. **2** A loose
carefree pillow look secured by an o
chrome wire frame. Pure Cream lou
chair covered in raw silk. By Flair. **3**
such a fragile looking casserole, but d
be afraid! It's dishwasherproof and you
heat it up along with the oven. Vine is
handle. From Chanticleer Ceramics. **4** A
lutely uncluttered, completely functi
sectional group upholstered in Oyster W
linen weave. By Directional. **5** Color in
and out. Color TV in Pineapple has 9-
diagonal screen, works on AC or 12-volt
tery. Weighs less than 5 pounds! By Hita
6 A pretty shell is always a welcome a
tion, especially as a silkscreened co
place mat in either Shell or Peach Bl
From Tabletopping at Henri Bendel.
round, putty stone pots for serving or

HORST





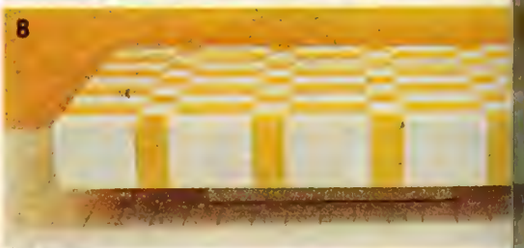


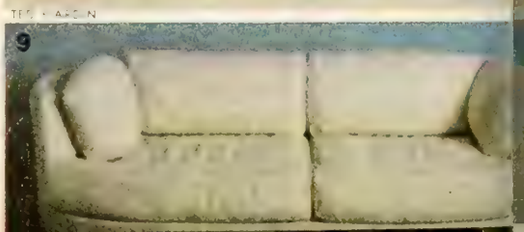












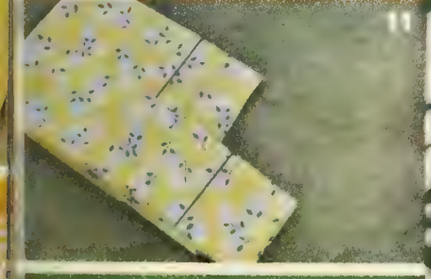
Shell

Vanilla

Oyster White

:, in three sizes. From Schmid Brothers. Delightful little handpainted ceramic pic- e frames in fresh colors ranging in size m 2 to 5 inches wide. By Catherine Kulesh the Mill Pond House. The lively cotton ntz under picture frames is "Candida llis" in Peach Blush and Pineapple with el finish. By Arthur H. Lee/ Jofa. **8** Boldly ckered in Pineapple and Oyster White, actually a generous coffee table 66 hes long, 36 wide, 14 high and floating a plinth base. Made of plastic laminate. Thayer Coggin. **9** Favorably comparable sitting on a cloud—an oval sofa with four se and very soft back cushions and two t cushions covered in a Vanilla diamond- ave-patterned fabric. By Directional. For a more tailored and discreet look in tional seating add a rolled back, lots of se-back cushions, upholstered bun feet, a beautiful Vanilla fabric with the look crewel. By Lee. **11** Of pattern and color ring smiles to faces—"Scribble Flowers" Peter Neil in Pineapple. Self-hemmed n green piping. By Wamsutta. **12** Legs rated from ruffles—the boudoir bench sleekly and comfortably upholstered it stand boldly free in Pineapple and Va- a polka dot fabric anywhere in the house. Flair. **13** Demure, shy flowers scattered sely on a Vanilla background. "South ish" vinyl wallcovering in Peach Blush l Seafoam Green. By Lloyd. **14** A tender ing garden, gay plaid in Seafoam Green l Peach Blush. "Gambit" vinyl wallcover- from Christopher Prints. For all of the cial House & Garden Color Stores that ry merchandise in "American Water ors," please turn to page 66. For Shop- g information, please see page 138.











...the ideal way to buy your presents from The Metropolitan Museum



Every three months—four times a year—the Museum will announce by mail remarkable new replicas—exact copies of Museum originals: sculpture, decorative objects, tableware, and ornaments.

The variety will be extraordinary: ancient jewelry in gold and silver; Oriental and European porcelain; early American glass in crystal and rare colors; bronze from Egypt, Greece, China, and the medieval world; silver, pewter, brass, and pottery from Colonial America.

These copies, often produced by the same techniques used for the originals, are made by artist-craftsmen working under the Museum's direct supervision. The care taken in production frequently limits the quantity, and the majority of replicas can be bought only by mail or at the Museum. (Above: Ship's Tumblers, pressed in the Ashburton pattern about 1845. Height 4¼". Boxed set of four, $45.00 plus $1.25 shipping.)

To receive all of the advance announcements to be issued during the next year, send the coupon below with one dollar to cover mailing.

On September 1, you will receive the first of these, the 116 page Christmas Catalogue. A brilliant array of new presents includes an ancient Egyptian necklace of blue lotus flowers; golden stags, panthers, lions, and griffins from the Scythian treasure hoard; needlework kits of a tiger from a Chinese ceremonial banner, and puppies and kittens from a New England rug; a rose and a star in stained glass; a book of Persian miniatures in full color and gold; a bronze Etruscan acrobat; *art nouveau* stationery; a new cookbook, *To the King's Taste*, and next year's engagement calendar, *Secret Gardens*. In addition, there is an unparalleled selection of Christmas cards.

THE METROPOLITAN MUSEUM OF ART

C3

255 Gracie Station, New York 10028

Please send me all advance announcements and catalogues of replicas to be issued by the Museum during the next 12 months. One dollar to cover mailing costs is enclosed.

NAME_____

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_____ ZIP _____

Hostess thoughts

continued from page 50

herb of your choice. Try tarragon with turkey, basil with beef, horseradish with any cold meat, and color them various, natural greens to help keep them apart.

There are other small indulgences to preserve for the winter. **Uncooked brandied peaches** are delicious. Peel the peaches and place them carefully in sterile jars, filling the jars with sugar. Strike smartly, add more sugar, cap and leave in a cool dark place for 24 hours. Uncap, force in one more peach and fill up with more sugar. Cap tightly. Wrap the jars in paper and store in a dark place for a month at 40° to 75°—no cooler or hotter.

Pickled vegetables provide variety to an hors d'oeuvre tray and can be kept on hand for emergencies. Wash 3 pounds button mushrooms in hot water; boil them in salted water to cover for 15 minutes, rinse, and cool. Spoon the mushrooms with a wooden spoon into pint jars and cover with a mixture of 1 cup oil, 1 cup vinegar, and a tablespoon of pickling spices. Be sure the jars are sterile and well-sealed. The vegetables may be used in one week. Keep them in the icebox and eat as soon as possible. Canned, water-packed artichoke hearts or cooked frozen ones may be pickled the same way.

For crunch use carrot strips, whole green beans, turnip slivers, celery sticks. Plunge them into boiling water and cook until just tender. Place in sterile jars, sprinkle each jar with a teaspoon of dill and celery seed and cover with hot, white vinegar. Leave a week. For unexpected taste and texture, place small, hard-cooked eggs in the above mixture and let pickle for two weeks. They're dandy as snacks with drinks.

Many worthwhile recipes are to be found in those fund-raising **collections of local prized recipes,** usually ring-bound and abounding with good and different cookery. I collect them, give them as house presents, and delight in using them. Some of my favorites are:

The Three Rivers Cook Book (Child Health Association of Sewickley, Inc.; P.O. Box 48, Sewickley, Pa. 15143. $4.50). A paean from Pittsburgh celebrating its great restaurants, its ethnic variety, and its native cooks. Attractive, too.

Fiesta—Favorite Recipes of South Texas (The Junior League of Corpus Christi; P.O. Box 837, Corpus Christi, Tex. 78403. $5.95). As you might guess, a good Texan-Mexican cookbook.

Entirely Entertaining (The Junior League of Montclair, 411 Bloomfield Ave., Montclair, N.J. 07042. $4). Long a pet of mine, this New Jersey book has imaginative menus, excellent recipes, and a sound approach to feeding a party.

The Attorney's Appetite (Women's Division of the Legal Aid Society of New York, 42 West Forty-fourth St., New York, N.Y. 10036. $6.50). Volume 2, as it were, is the second in this dandy assemblage of dishes offered by lawyer-cooks from all over the world. It's bound in such a way that it will stand up, too.

The Farmington Cook Book (The Junior League of Louisville, 3033 Bardstown Road, Louisville, Ky. 40205. $5.35). Interesting, very well thought out, and presented with style.

Small ideas with big results:

Place a small wineglass of Triple Sec alongside each dessert plate for dunking strawberries before dipping in sugar.

Give a breakfast guest an empty juice glass for getting the most out of a grapefruit gracefully.

Make a smooth dessert using Irish whiskey (one-fourth the total liquid), espresso coffee, and gelatin; top with whipped cream. ■

Light eating—Italian style

The freshest, simplest buffet lunch—each element a still life to eat just as it is. From top left, *fresh red and yellow peppers to cut up and dunk in a simple oil-and-vinegar dressing; a basket of fresh peas to be unzipped and eaten as they are, nutty and sweet to the taste; glossy ripe cherries and peaches; a beautiful summer lettuce in a frame of leaves picked at random from the garden, each lettuce leaf to be pulled off and dipped in oil and vinegar at will. Splendid crudités: cucumber, carrot and fennel, tender cooked beets. White wine and champagne, wild geraniums tucked against the cold bottles, to sip as they are or dilute with a single ice cube. A nutty Parmesan cheese to eat with a crusty loaf. A perfect lunch set in a perfect setting—a granite table in a grape arbor in the hills of Northern Italy.*

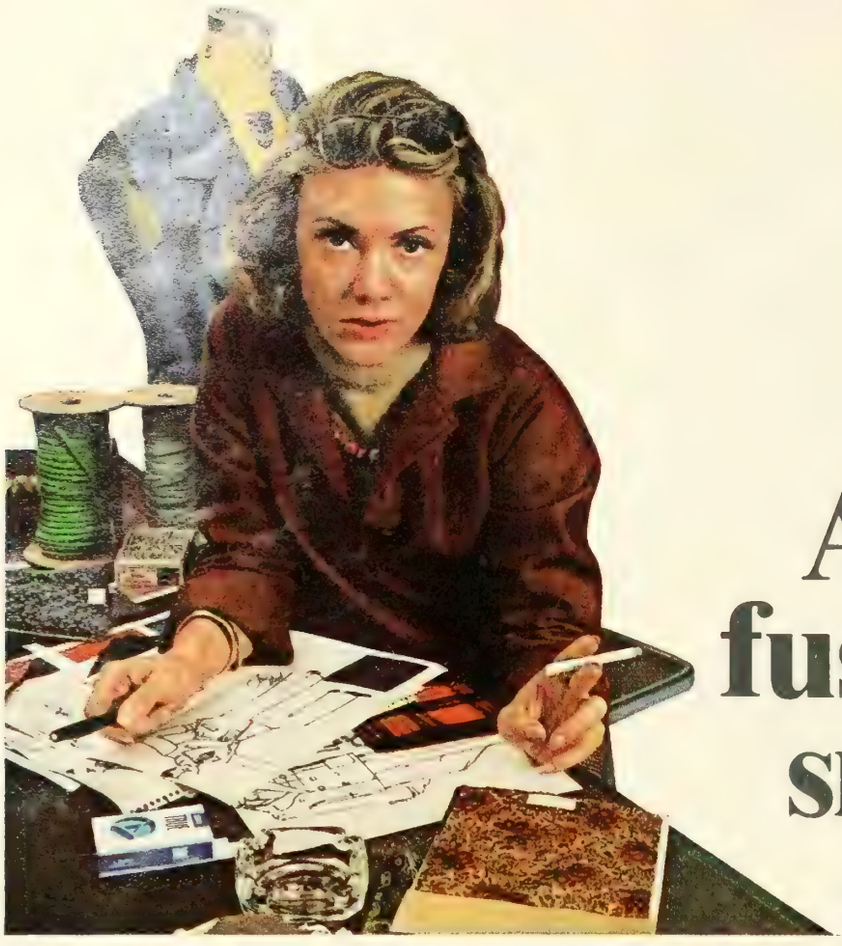
LEOMBRUNO-BODI-LAMI

WINE & FOOD

QUICK TIPS • SUPER RECIPES • MENUS • ENTERTAINING IDEAS



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n France, they call it the "new wave cuisine," and n America it is a new emphasis on healthy, natural ood. It's simplifying cooking, dispensing with rich sauces, substituting instead lots of fresh, chopped vegetables to give flavor. It's whizzing up a fresh vegetable soup in the blender and thickening it with yoghurt, not cream. Here some great cooks share some new cooking ways. **By Jane Ellis**

light, healthy, interesting, and quick

new American home cooking

Quick Green Soup

from José Wilson

Chunk zucchini and cucumber and cook in a good strong chicken stock. Add some green leaves —lovage, parsley, spinach, or chard. To thicken, not a smidge of butter or flour is needed, simply add an avocado to give a velvety texture to the soup when it is puréed in a blender. At the last minute stir in a little lemon juice and yoghurt.

Orange Sherbet

from Catherine di Montezemolo

Cut oranges in half and remove pulp. Add the pulp to bought orange sherbet and whirl in the blender with a little fresh mint. Return to freezer. When frozen, spoon into orange shells and top with a mint sprig.

Snow Pea Soup

from José Wilson

Flavor a good chicken stock with fresh ginger and coriander. Throw in a handful of snow peas which have been cut into julienne, and heat through until cooked but still crispy.

Apple Salad

from Edna Lewis

Slice a Granny Smith apple in wedges, top with a little mayonnaise perfumed with a speck of curry. Celery sticks can substitute for the apple.

Quick Carrot Purée

from Babs Simpson

Cook carrots quickly in a little water for about 15 minutes or until tender. Drain. Purée in a blender with a knob of butter, a little salt and pepper, and a generous handful of chopped chives.

Cottage Cheese Dressing for Crudités

from Christopher Idone

In a blender, put 1 pint low-fat cottage cheese, 2 tablespoons wine vinegar, kosher salt and freshly ground pepper to taste, and purée together with 1 tablespoon puréed basil. Remove from blender and add 1 tablespoon mint, sliced into thin ribbons, ¼ cup chopped scallions, 3 tablespoons chopped parsley or any fresh herbs. Serve with cherry tomatoes, cauliflowerets, radishes, or sliced raw zucchini.

Yoghurt Cheese

from José Wilson

Into a pint of yoghurt, stir ½ teaspoon salt (or more if you wish). Pour into a square of dampened cheesecloth, tie corners together, and suspend over a sink or bowl overnight. You can also put the yoghurt in a cheesecloth-lined colander to drain. Yoghurt cheese is delicious plain, mixed with freshly cracked black pepper or with fresh herbs. And it is a good low-calorie substitute in any recipe calling for cream cheese.

Zucchini Mélange

from Joie McGrail

Sauté 2 finely chopped onions in a little knob of butter and add 4 zucchini, that have been sliced thin on a grater. Season with salt and pepper. Cook, stirring with a wooden spoon, for 5 minutes. Add 6 chopped scallions, a handful of chopped chives, finely chopped parsley and basil; cook covered about 3 more minutes.

Lettuce, Watercress, Broccoli, or Mushroom Soup

from Nika Hazelton

Cook vegetables in chicken broth with a chopped up onion. Add a cut up potato to thicken it. Purée in blender and serve with a dash of sour or sweet cream.

Marinated Fresh Raw Salmon and Bass

from Christopher Idone

Check a 1-pound fillet of fresh bass and a 1-pound fillet of fresh salmon for bones. Tiny bones can be picked off with tweezers. Slice as thin as possible, as you would for smoked salmon. Combine ½ cup good olive oil with 2 tablespoons good cognac and ⅛ teaspoon ground cloves. Half an hour before serving dip fish in mixture. Do not refrigerate but arrange on plates using both fishes. Sprinkle with freshly cracked, green peppercorns. Serve with garlic-toasted French bread.

Frozen Grapes

from Melvina Kinard

Cut seedless green grapes into small clusters and freeze. Serve garnished with mint leaves.

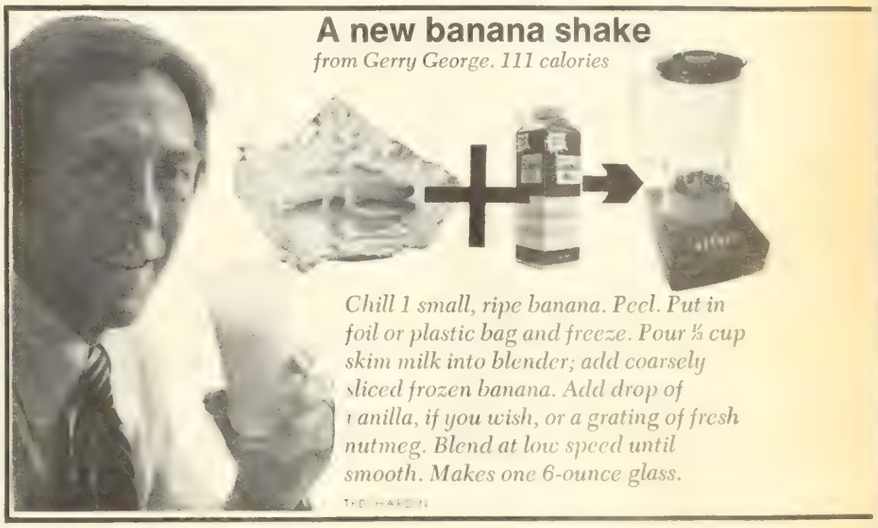
Steak Marinated in Vinaigrette Dressing

from Bettina McNulty

Marinate an inexpensive steak (chuck or shoulder) overnight in a vinaigrette dressing sharply flavored with anise. Drain and pan fry with just the liquid that sticks to the meat. As soon as it is cooked, put the meat on a platter and spoon some skinned grapefruit sections over it. They'll warm a little as you serve.

A new banana shake

from Gerry George. 111 calories



Chill 1 small, ripe banana. Peel. Put in foil or plastic bag and freeze. Pour ½ cup skim milk into blender; add coarsely sliced frozen banana. Add drop of vanilla, if you wish, or a grating of fresh nutmeg. Blend at low speed until smooth. Makes one 6-ounce glass.

Roast Eye Round of Beef

from Craig Claiborne

The easiest way to roast a 3½-to-8-pound eye round is to put it on a rack in a shallow roasting pan. Salt and pepper and roast in preheated 500° oven for 4 or 5 minutes per pound without opening door. Then allow to rest in turned off oven 1½ to 2 hours depending on size of roast.

Vegetable Sautéed Chicken

from Pierre Franey

Sauté a cut up chicken in a little butter in a skillet until golden brown. Add a little chopped mushroom, carrots, celery, onion or leeks, potatoes, and tomato together with a little diced Virginia ham. Cook stirring for about 45 minutes. Remove from skillet and deglaze juices with a little white wine.

Strawberries and Pistachios

from Maurice Moore-Betty

Wash 2 pints of strawberries under cold running water, drain, and hull. Mix them in a serving bowl with a little superfine sugar if the berries need it and ⅓ cup Cointreau. Toss gently. Sprinkle with ½ cup shelled pistachios before serving.

Grapefruit, Apple, and Blueberry Salad

from Maurice Moore-Betty

Peel grapefruit (½ per person) over a bowl to catch juice and cut into clean sections. Slice hard, crisp apples (½ per person) thin and drop into grapefruit juice. Add sugar if you wish and sprinkle with kirsch. In a glass bowl, combine grapefruit and apple sections with a few blueberries for each serving. Decorate with mint or lemon balm.

If you were a guest at the famous French spa, Eugenie-les-Bains, you would enjoy these delicious menus and recipes as part of your special health regime. They are the creations of Michel Guerard, who many now call the most inventive chef in France. He has planned three delicious days especially for House & Garden readers and shares with you his secrets and principles of successful low-calorie cooking.

By Naomi Barry

Eating yourself slim the French way



The Guérards in the garden of the spa they've made famous

LUNCH

Onion Tart
Grilled Escalopes of Veal with Tomatoes Provençale
Assortment of Sherbets with Fruits

ONION TART

INGREDIENTS

- 1 cup plus 2 tablespoons water
- ¾ cup carrots, very finely diced (same size as peas)
- 5⅔ cups onions, sliced very fine
- 1 cup mushrooms, very finely diced (same size as peas)
- 4 tablespoons green peas, cooked
- salt and pepper
- 1 green cabbage, leaves separated and stems cut away
- 7 tablespoons skimmed milk powder
- 3 eggs, beaten
- 1 tablespoon parsley, chopped
- 1 tablespoon chervil, chopped
- ½ teaspoon tarragon, chopped

METHOD

Preheat oven to 200°. In a Teflon pan add 2 tablespoons water, carrots, and onions and sauté for 10-15 minutes, add mushrooms and peas at the last few minutes. Salt and pepper to taste and set aside.

Boil cabbage in salted water 8-10 minutes and drain. Line six 4-inch individual tart pans with leaves and reserve leftover ones. Fill pans with vegetable mixture and set aside.

A few principles of Michel Guerard

Low-calorie food must taste so good and look so good that psychologically you never feel deprived but mentally prefer it. In time, you well may.

★

You can have haute cuisine *with a low calorie count—approximately 1000 calories a day.*

★

A feast for the eye is an important element of nourishment. Every Guérard dish is a stunning composition. Automatically you slow down to contemplate and admire it. Eating slowly is one key toward oral satisfaction.

★

The judicious use of a blender gives a creamy texture without resorting to cream.

★

You need sharp knives, a blender, and a Teflon pan.

★

Vegetables are sliced and diced so fine, they can be cooked in a few turns around a Teflon pan without the addition of any fats.

★

Sauces are one of the delights of French cuisine and are featured in Guérard's Eat Yourself Slim regime. As thickening agents, he uses puréed vegetables or low-calorie white cheese. (In France, Taillefine. *In America, farmer cheese, diet cream cheese, ricotta, yoghurt cheese.)*

★

In this lighter way of eating, there are no potatoes, rice, noodles, or bread.

★

Every lunch and dinner is a three-course meal, ending with a dessert made with an artificial sweetener.

★

The Tisane d'Eugénie—*an infusion of five health-giving herbs and plants—is served several times a day. At breakfast. Before lunch. Before dinner. The tisane is a natural diuretic. It is presented with the charm of a Planter's Punch, in tall glasses garnished with a slice of apple, a slice of orange, a grape, a chunk of pineapple, a sprig of fresh mint.*

★

Meats can be grilled without fat or oil by giving them a fast dip in water. The evaporating moisture will keep them from sticking to the pan.

★

To banish hunger pangs for familiar but fattening foods, Guérard offers a variety of pleasurable taste surprises and the excitement of totally new culinary inventions.

★

Seasoning is vital. Salt, pepper, and generous doses of fresh herbs. Much of the sensory excitement comes from the seasoning.

Mix milk powder with 1 cup water and add eggs, parsley, chervil, and tarragon and mix well. Pour mixture over vegetables and cover each with a cabbage leaf.

Bake for about 45 minutes. Unmold and serve hot. Serves 6. *123 calories per serving.*

GRILLED ESCALOPES OF VEAL WITH TOMATOES PROVENÇALE

INGREDIENTS

- 6 tomatoes, cut in half crosswise
- salt and papper
- 1 teaspoon garlic, chopped
- 2 tablespoons parsley, chopped
- 6 thin escalopes of veal
- water flavored with 1 garlic clove, crushed

METHOD

Preheat oven to 350°. Sprinkle each tomato half with salt, pepper, garlic, and parsley and bake for 10 minutes.

Season veal with salt and pepper and dip in garlic water. Broil 1 minute on each side. Serves 6. *195 calories per serving.*

RASPBERRY SHERBET

INGREDIENTS

- 2 cups raspberry pulp, sieved
- juice of 2 lemons
- 1 cup water
- *artificial sweetener to taste

METHOD

Combine raspberries, lemon juice, and water. Sweeten to taste, stirring until sweetener is dissolved. Freeze in an ice-cream maker. Serves 6. *31 calories per serving.*

(Continued on page 128)

**Michel Guérard worked out his desserts with a French artificial sweetener called ODA (Laboratoires L. Lafon). In testing the recipes with American artificial sweeteners, we liked a slightly tart Raspberry Sherbet sweetened with 4 packages of Sweet 'n Low (3½ calories per package). Since some may prefer it sweeter, and since artificial sweeteners differ in strength, we have left quantities to taste and omitted the sweetener from the calorie count.*

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Bloody Thomas. The best Bloody Mary you'll ever taste.

continued from page 126

MELON SHERBET

INGREDIENTS

½ cup skimmed milk
2 cups cantaloupe melon pulp, about 2 melons
artificial sweetener to taste

METHOD

Purée pulp in a blender and strain. Mix well with milk, sweeten to taste, and freeze in an ice-cream maker. Serves 6. *23 calories per serving.*

LEMON SHERBET

INGREDIENTS

3 lemons, grated and squeezed
1 cup water
artificial sweetener to taste
1 egg white, beaten

METHOD

Add water to lemon juice and grated peel. Sweeten to taste, stirring until sweetener is dissolved. Let mixture rest for 5 hours. About an hour before serving, fold lemon mixture into beaten egg white and place in ice-cream freezer. Serves 6. *8 calories per serving.*

Presentation of sherbet: With soupspoons form ovals of sherbet and place two in the center of a flat plate. (Guérard would offer 2 flavors.) Surround sherbet with fruits arranged according to pleasing color combination: strawberries, raspberries, melon slices, mango slices, pear slices, cherries, apple slices . . . whatever is at hand. Serves 6.

DINNER

Artichoke à la Poule
Fish under Prairie Herbs with Mousse of Watercress
Lemon Pots de Crème

ARTICHOKES À LA POULE

INGREDIENTS

½ pound mushrooms, diced
salt and pepper
6 artichoke bottoms
6 poached eggs

METHOD

Sauté mushrooms in a Teflon pan. Purée them in a blender and season to taste with salt and pepper.

Poach artichoke bottoms in salted water for about 10 minutes. Drain. Spread each artichoke bottom with a layer of mushroom purée; nestle a neatly trimmed poached egg on top, and mask with a layer of mushroom purée. Serve at room temperature. Serves 6. *95 calories per serving.*

TROUT OR SEA BASS UNDER PRAIRIE HERBS WITH PURÉE OF WATERCRESS

INGREDIENTS

3 branches wild mint
10 pieces clover, plus some for garnish
3 branches of nettles
2 fistfuls of meadow grass
2 fistfuls of hay
6 trout, about 6 ounces each, or
1 sea bass, about 2½ pounds, cleaned, but do not remove bone or scale
salt and pepper
about 1 cup water

METHOD

In a deep oval iron casserole make a bed of half the herbs and grasses, lay the trout or sea bass on top, salt and pepper to taste, and cover with a blanket of remaining herbs and grasses, add water, cover. If using trout, steam 5 minutes over very high heat; if sea bass is used, steam 15-20 minutes. Trout are served whole; sea bass is skinned and filleted. Sprinkle a few clover leaves on each fish. Reserve fish stock. *135 calories per serving.*

SAUCE FOR TROUT OR SEA BASS

INGREDIENTS

1 large carrot, julienned
½ cup mushrooms, julienned, plus 5 cut into quarters
about 4 tablespoons leeks, julienned
1 tablespoon celery, julienned
salt and pepper
2 cups reserved fish stock
3⅓ tablespoons skim milk
1 tablespoon no-fat white cheese

METHOD

In a covered casserole cook, without liquid, carrots, ½ cup mushrooms, leeks, and celery, seasoned to taste with salt and pepper, for about 8 minutes. Add fish stock and cook an additional 5 minutes. Drain and reserve stock.

In a saucepan cook quartered mushrooms in milk for about 7-8 minutes. Purée in blender with cheese and stock from vegetables.

Remove mixture from blender, add drained vegetables, mix well. Top trout or sea bass wth sauce. Serves 6. *15 calories per serving.*

PUREE OF WATERCRESS

INGREDIENTS

4 bunches watercress
salted water

METHOD

Cook watercress in salted water. Drain. Purée in blender. Serve with fish. *13 calories per serving.*

LEMON POTS DE CRÈME

INGREDIENTS

7 tablespoons skimmed milk powder
2 cups hot water
zest of 3 lemons
artificial sweetener to taste
2 eggs, beaten
mint

METHOD

Preheat oven to 150°. Mix milk with water and delicately stir in the zest and sweetener, beating constantly. Strain. Add eggs and pour into 6 individual molds. Set into a pan of water and bake for about 1 hour. Chill. Serve with sprigs of mint. Serves 6. *40 calories per serving.*

LUNCH

Eggplant Caviar
Cider Poached Chicken with Apricots
Orange à l'Orange

EGGPLANT CAVIAR

INGREDIENTS

3 eggplants, about ½ pound each
oil
½ cup mushrooms, diced very small
1 shallot, minced
1 small egg yolk
2 tablespoons fat-free white cheese
¼ cup tomato, peeled, cut into chunks, and diced
2 tablespoons red pimiento (tinned), diced
1 garlic clove, minced or pressed
2 tablespoons chervil
juice of ½ lemon
salt and pepper

METHOD

Preheat oven to 200°. Wash eggplants but do not dry. Remove caps and stems and slice stems in half lengthwise; blanch and set aside. Place eggplant on a rack, cover with a thin film of oil and cook for 20 minutes, turning occasionally. Slice eggplants lengthwise, remove flesh, leaving skin intact, and chop fine.

Sauté mushrooms and shallot in a Teflon pan and set aside.

In a mixing bowl, whisk together egg yolk and cheese and add eggplant and continue to beat until mixture is supple. Add tomato, pimiento, garlic, mushrooms, chervil, lemon juice, salt and pepper to taste. Pile mixture into eggplant shells, place on a plate, refill with blanched eggplant stems. Chill. Serves 6. *71 calories per serving.*

CIDER POACHED CHICKEN WITH APRICOTS

INGREDIENTS (VEGETABLE FARCE)

⅓ cup carrots, diced very fine
⅓ cup turnips, diced very fine
6 ounces veal, all fat removed and diced small
3½ tablespoons bread crumbs soaked in 6⅔ tablespoons milk
2 tablespoons tomato, peeled, seeded, and chopped
2 eggs plus 2 egg whites
handful of chopped parsley, chervil, and tarragon

METHOD (VEGETABLE FARCE)

In a bowl, mix all ingredients together. Fold a kitchen towel in half horizontally and along the folded edge spoon a line of the farce and roll the towel, shaping the farce into a sausage form. Tie the two ends tightly with string.

INGREDIENTS (POACHING CHICKEN)

1 2½-pound chicken
8 cups dry apple cider
2¼ cups young carrots, cut into olive shape
2¼ cups young turnips, cut into olive shape
2 cups zucchini, cut into olive shape
3 cups leeks, cut crosswise
small cabbage, stem cut off and leaves removed
6 apricots

METHOD (POACHING CHICKEN)

In a large covered casserole poach the chicken in cider with the carrots, turnips, zucchini, leeks, cabbage, and roll of vegetable farce in towel for 30 minutes. During the last 10 minutes of cooking, add the apricots.

INGREDIENTS (APPLESAUCE)

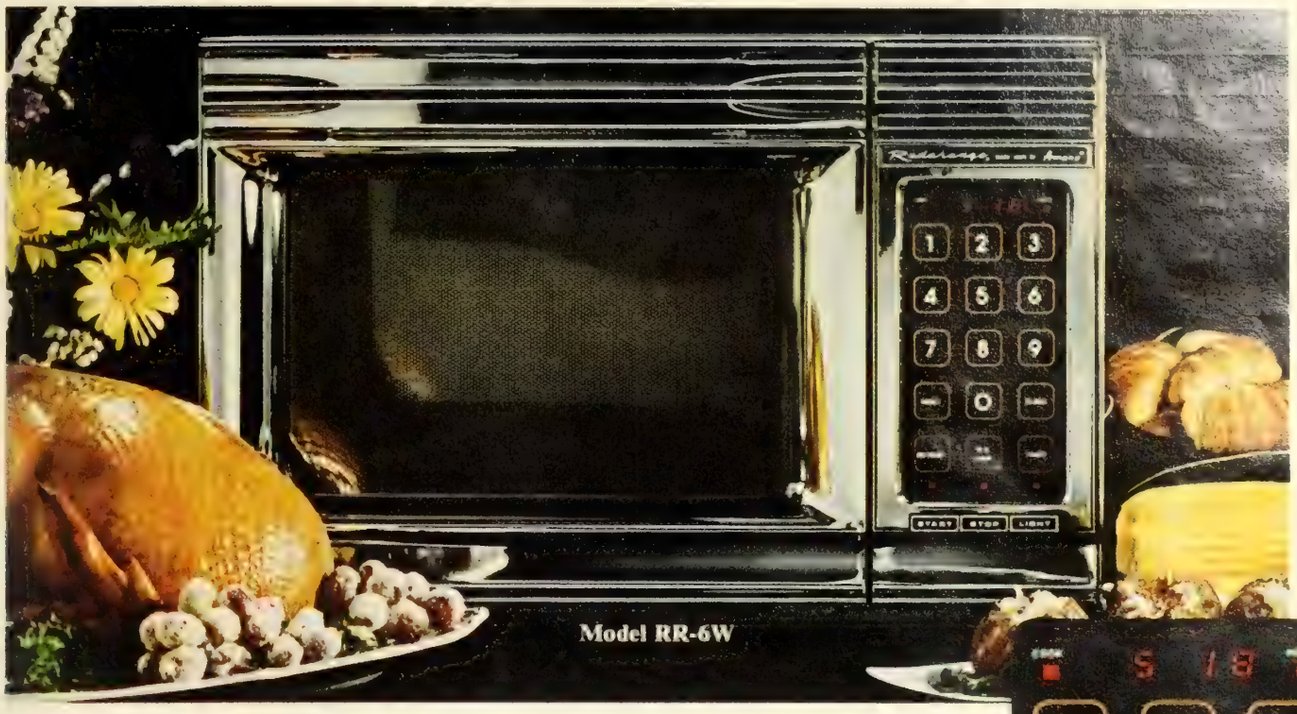
1 cup cider liquid
1 cooking apple, peeled, cored, and quartered
grated peel of 1 lemon

METHOD (APPLESAUCE)

At the same time you are poaching the chicken add cider, apple, and lemon peel to a saucepan and cook for 6-8 minutes. Sieve the ap-

(Continued on page 130)

Amana makes the greatest cooking discovery since fire even greater.



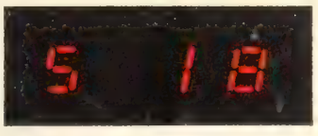
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continued from page 128

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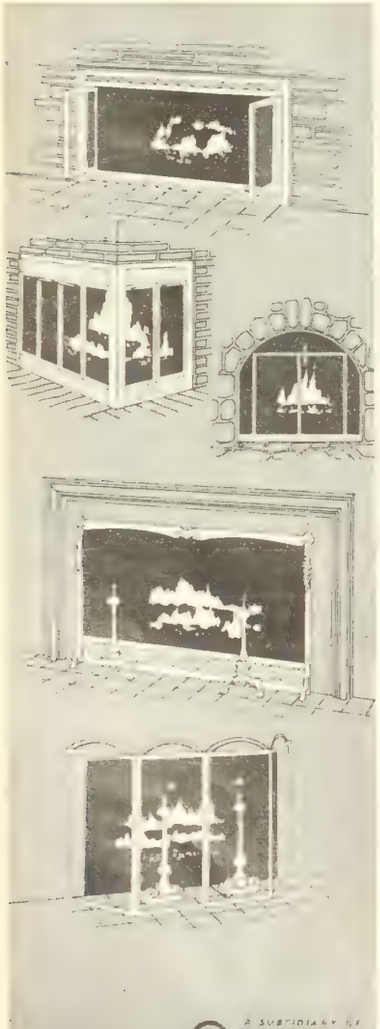
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ple or purée it in a blender, without the liquid; strain liquid and add about ¾ cup of purée.

INGREDIENTS (ASSEMBLING DISH)

applesauce
chicken cut into 6 serving pieces, skinned
vegetables from poaching liquid
vegetable farce cut into thick slices
apricots, peeled, halved, stoned

METHOD (ASSEMBLING DISH)

Spread each plate with a layer of applesauce, center a piece of chicken, and surround it with the vegetables from the poaching liquid, disposing them according to color. Place a slice of vegetable farce on each piece of chicken. Lay an apricot half on each side of the vegetable farce. Serves 6. *416 calories per serving.*

ORANGE À L'ORANGE

INGREDIENTS

6 small oranges, peeled and peel sliced into a fine julienne
water
artificial sweetener to taste
1 cup strawberries, puréed
1 kiwi or 1 kumquat, sliced lengthwise into 6 thin slices

METHOD

Place peel in a saucepan, cover with water, and add sweetener. Cook orange peel gently until it boils and continue 2 minutes.

Remove the white inner skin from the peeled oranges and carefully separate the sections.

On individual plates, spread a layer of strawberry purée, top with a layer of orange sections placed in a circle, like pinwheel petals of a flower, and at the heart place a slice of kiwi or kumquat. Sprinkle with orange peel. Serves 6. *69 calories per serving.*

DINNER

Asparagus Soufflé
Grilled Fillet of Beef
Chocolate Granité

ASPARAGUS SOUFFLÉ

INGREDIENTS

1 pound asparagus plus 18 stalks, woody ends removed and sides peeled
salt and pepper
pinch of mace or nutmeg
6 egg whites, beaten until firm
2 egg yolks

METHOD

Poach asparagus in salted water and drain well. Reserve 18 stalks and purée the rest in the blender. Season purée with salt, pepper, and a pinch of mace or nutmeg. Mix egg whites with purée and add yolks. Pour soufflé into six 4-inch individual molds and bake in 220° oven for 7-8 minutes. Cut points from reserved asparagus stalks and slice lengthwise. Before serving, decorate each soufflé with 3 asparagus points, halved. Serves 6. *60 calories per serving.*

GRILLED FILLET OF BEEF

INGREDIENTS

water
6 juniper berries, crushed
1 branch thyme
¼ bay leaf, crumbled
6 fillet or beef steaks (about ¼ pound per person)
salt and pepper to taste
3½ tablespoons parsley, chopped
3½ tablespoons chervil, chopped
¾ teaspoon garlic, minced
2 shallots, minced
juice of 1 lemon
3 leeks, cut crosswise into 4 sections
3 cups chicken consommé

METHOD

Mix water, berries, thyme, bay leaf and dip steaks into mixture until just barely covered; this will keep them from sticking to grill. Grill on each side 2½ minutes. Salt and pepper steaks to taste.

In a bowl, mix parsley, chervil, garlic, shallots, and lemon juice and spoon over top of steaks.

Poach leeks in 2 cups of consommé. Purée leeks in a blender, smooth consistency with about 1 cup consommé. Serve with steaks. Serves 6. *224 calories per serving.*

CHOCOLATE GRANITÉ

INGREDIENTS

2 cups water
1 vanilla bean
7 tablespoons skimmed milk powder
5 tablespoons cocoa powder
artificial sweetener to taste
1 teaspoon heavy cream
1 cup frozen coffee crystals

METHOD

In a saucepan, combine water and vanilla bean and bring to the boil. Remove from heat, remove bean, and add milk, cocoa, and sweetener and stir well. Let mixture cool.

Add cream and mix well. Just before serving add mixture to an ice-cream machine and turn for 15 to 20 minutes; or place in a refrigerator tray and freeze for 1 hour. As liquid solidifies, turn with a fork a few times. At last moment stir in frozen coffee crystals. Serves 6. *32 calories per serving.*

COFFEE CRYSTALS

INGREDIENTS

1 cup hot water
1 tablespoon decaffeinated coffee

METHOD

Mix ingredients; place in freezer, stirring with a fork a few times to form granulated crystals.

LUNCH

Tomato Tart
Blanquette of Veal with Purée of Cauliflower
Coffee Pots de Crème

TOMATO TART

INGREDIENTS

6⅔ cups tomatoes, peeled, seeded, and chopped, plus 1 tablespoon for garnish
1 shallot, minced
3 cloves garlic, minced
1 branch thyme
¼ bay leaf
salt and pepper
4¼ pounds spinach, cooked and drained

METHOD

Preheat oven to 200°. In a saucepan, place tomatoes, shallot, garlic, thyme, bay leaf, salt, pepper; cook gently until liquid evaporates.

Line six 4-inch molds with spinach leaves, fill with tomato mixture, and cover with spinach leaves. Bake in oven for 15-20 minutes. Unmold and decorate with a bit of tomato. Serves 6. *128 calories per serving.*

BLANQUETTE OF VEAL WITH PURÉE OF CAULIFLOWER

INGREDIENTS

8 cups chicken consommé or bouillon
5 carrots, cut in large pieces
2 onions, cut in large pieces
1 leek, cut in large pieces
8 mushrooms, cut in large pieces
1¼ pounds veal from the leg, fat removed, and cut into chunks
salt and pepper
chopped parsley, peeled tomato
1 cauliflower cut into 4-5 pieces
salted water

METHOD

In a deep saucepan, add consommé or bouillon and carrots, onions, leeks, and mushrooms. Wrap a kitchen towel around a large strainer that just fits the pan, and place the veal in the strainer. Cover and steam the meat over the simmering liquid for about 45 minutes. The veal will be faintly rose-colored at interior. Remove vegetables and whirl in the blender. Season with salt and pepper.

Continued on page 135

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California's reputation as one of the world's best wine-growing areas continues to grow, as her thousands of acres of top varietal grapes, planted in perfect climatic conditions, yield better and better wine. There seems to be no end to the ferment of experiment, improvement, and growth. **By José Wilson**

Good news from the California wine world–

Exciting new wine tastes from Monterey county

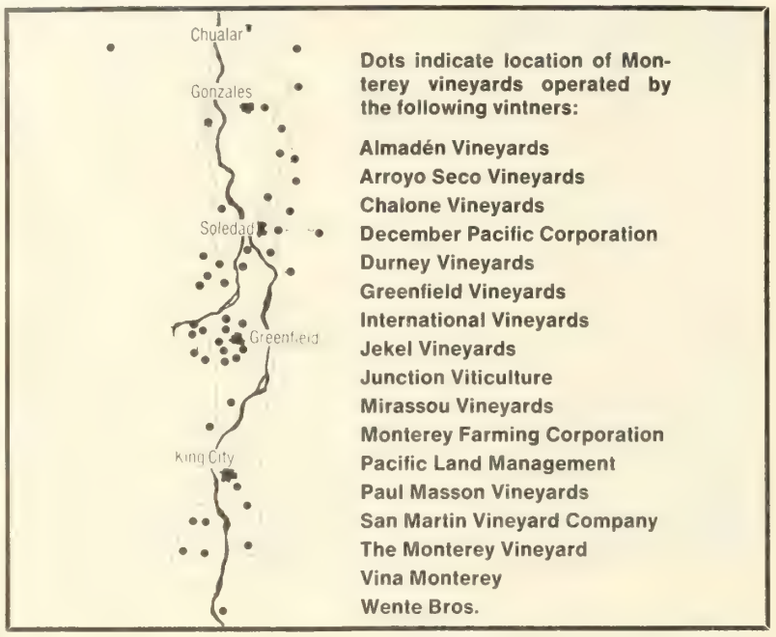
■ Things are happening so fast in California's wine country that the best researched books on the subject are out of date before they are published.

Much of what we are seeing and hearing about can be traced to the over-optimistic wine rush of four or five years ago. Then, with the price of premium grapes and wines escalating in a heady spiral, it seemed that everyone, lured by the prospect of a solid-gold investment, was planting grapes and starting wineries, unaware that the first harvest would coincide with a world-wide recession and a precipitous plunge in the price of the leading European wines.

The golden future may look less bright to some grape growers, but we wine drinkers can selfishly rejoice, for the present glut of premium varietal grapes is going to raise the quality at every price level, notably in the $2 to $5 range most of us can afford. Even such huge Central Valley producers as Gallo, Guild, as well as Italian Swiss Colony, long known for inexpensive generic wines, have brought out a line of varietals, while those wineries long established in the premium wine field, such as Almadén, Paul Masson, and The Christian Brothers, are constantly improving theirs. Louis Benoist and Frank Schoonmaker, who, back in the 1940s at Almadén, pioneered the labeling of California wines by their grape varietal names, rather than giving them customary, confusing European geographical designations, can be credited with initiating the move that determined the future direction of the wine industry.

Undoubtedly the biggest story of 1975 is the emergence of Monterey County as a major wine region equal to, though different from, Napa and Sonoma, and sharing with them the most desirable of grape-growing climates, classified in the 1930s by Professors Amerine and Winkler of the University of California as Regions I and II. Region I, with much the same climatic conditions as northern Burgundy, the Champagne district, or Germany's Rhine and Moselle, is ideal for early-ripening grapes such as Pinot Noir, Char-

Continued on next page



Vineyards have mushroomed in Monterey County, where climate and soil provide perfect growing conditions for fine California varietal wines.

Going metric– a new international standard for bottle sizes

■ A recent breakthrough in the wine industry that should be of benefit to us all is the establishment, at long last, of an international standard of metric sizing for bottles. Currently there are forty-three different bottle sizes on the market, sixteen used by American producers and twenty-seven by the countries that send wine here. Although at a casual glance one wine bottle looks much like another, differences in shape and size can make a difference of 8 ounces in the contents, from a generous 30 ounces to a stingy 22 (the standard American bottle, or fifth, holds 25.6 ounces). As of January this year and continuing until 1979, the old sizes will be gradually phased out and replaced by a range of seven standardized metric sizes that have been established by international agreement. The chart at the right demonstrates how the miniature, split, tenth, fifth, quart, magnum, and jeroboam will be converted to milliliters and liters.



While all of these bottles may appear to hold the same amount of wine, there is actually a difference of 8 ounces—1½ servings of wine, if you half fill a 10-ounce wineglass.

The Christian Brothers, which sells its wines overseas, has already begun bottling three of its white wines in the metric 375 milliliters (formerly the tenth, or half bottle) and have very savvily proposed that the old terminology should be changed to miniature, small, medium, regular, large, magnum and extra-large, which is far easier to remember than fractions of liters.

It may be confusing at first, but there should be no real problem. Most of us are accustomed to ordering carafe wine by the liter (a fraction over a quart) in restaurants here and in Europe. Furthermore, since each metric-size bottle will also be marked with the equivalent fluid-ounce measure, we will be able to compare the unit pricing, just as we do with food in supermarkets. Eventually we are going to have to switch to the metric system in cooking, like the rest of the world, so it might be a good idea to start adjusting right now. □

Present terminology	Present U.S. ounces	Suggested metric terminology	New metric bottle size	New metric fluid ounce	Per bottle differences or fill in ounces. Present U.S. measure vs. metric standards
Miniature	2.0	Miniature	100 Ml.	3.38	+1.38
Split	6.4	Small	187 Ml.	6.34	−0.06
Tenth	12.8	Medium	375 Ml.	12.68	−0.12
Fifth	25.6	Regular	750 Ml.	25.36	−0.24
Quart	32.0	Large	1.0 L.	33.81	+1.81
Magnum	51.2	Magnum	1.5 L.	50.72	−0.48
Jeroboam	102.4	Extra large	3.0 L.	101.44	−0.96

With the advent of the new international metric sizing, wine bottles will be standardized. A regular wine bottle, or fifth, will be 750 milliliters or 25.36 ounces.

donnay, and Riesling. Region II, slightly warmer, is, like Bordeaux, best for the Cabernet Sauvignon, Merlot, and Sauvignon Blanc, and the Chenin Blanc of the Loire. Monterey's southernmost vineyards are in the Region III climate that nurtures, among others, red grapes such as Gamay, Zinfandel, and Barbera.

Plantings in Monterey have been steadily increasing since the 1960s, when Mirassou, Wente, Paul Masson, and Chalone started vineyards there, but it is only within the last three or four years that the area has really come into its own, with the grape acreage now at a staggering 44,000, more than the combined total of the Napa and Sonoma Valleys' 43,000 acres. At present only a small number of acres, perhaps 7,000, are being harvested, but each year will see more of the fledgling vines reach four-year maturity and by 1980 the area should be in full-scale production.

Take route 101 from King City to Greenfield to Chualar, through the rich, fertile agricultural bottom land of the Salinas Valley, once known as the world's Salad Bowl because of its vast fields of lettuce and celery, and you are in a different world. Here is none of the meticulous, manicured elegance of Napa, or the semipastoral ambiance of Sonoma, with its old stone wineries and Spanish-mission towns. Monterey is simpler, rougher, more Western. The radio chatters Mexican news and songs, the small towns where the grape-pickers live have a dusty somnolence, horses and cattle graze in meadows, and you can go for miles on the bumpy back roads without seeing anyone or anything but the tender green of the young vines that blanket the sand-and-gravel slopes of the foothills, in some places an unbroken 8-mile wave of straight rows. It is impossible not to be impressed with and slightly awed by this wine region of the future.

The Monterey appellation of origin is one to look out for. Anyone who has tasted Mirassou's Monterey Harvest or Limited Bottling wines, the remarkable Johannisberg Riesling Spâtlese from Wente's Arroyo Seco vineyards or the superb Pinot Noir, Pinot Blanc, Chenin Blanc, and Chardonnay made in the Burgundian style by Dick Graff at the tiny Chalone Vineyard, 2,000 feet above the Valley floor in the Gavilan Mountains, knows that Monterey is capable of producing wines that are like no others.

The Salinas Valley has everything going for it that fine wine could need. The climate provides a long, cool growing season that preserves the fragile range of organic acids in the grapes and intensifies their varietal character. The morning mists and strong afternoon winds that stream down from Monterey Bay are natural air-conditioning, tempering the midsummer heat (in the cooler regions of Monterey, the temperature does not even reach 100), and in September the mists disappear just when the grapes are ripening and need that extra boost of sunshine. Decomposed granite forms a light, gravelly soil perfect for growing the finest grapes and the underground flow of the Salinas River can be tapped for plentiful irrigation. Finally, Monterey is completely free from phylloxera, the scourge that wiped out so many of the European and Californian vineyards and necessitated the grafting of vinifera vines onto a sturdier American rootstock. Monterey vines can grow on their own roots, although no one yet knows if this is an advantage, apart from being more economical.

It would be difficult to isolate the factor responsible for the excitingly intense varietal characteristics that are so evident in the wines of Monterey. Most likely it is a combination of soil and climate. The young wines explode with fruit. They are almost overpowering in the assertiveness of the bouquet and flavor, an assertiveness that some winemakers feel may need to be toned down. That is rare in California, where the problem is usually how to step up the varietal taste.

From the early plantings of the sixties, vineyards have proliferated. Many of the big names are here. Almadén has 2,000 acres near King City, and will be marketing a Monterey appellation 1974 Zinfandel and Chenin Blanc this year, Paul Masson's plantings are scattered from below King City to north of Greenfield. New York State's Gold Seal Vineyard has established a beachhead (as International Vineyards) near Greenfield and Chualar.

Most extensive are the 10,000 acres of The Monterey Vineyard, stretching beyond Gonzales at the northern end of the valley. The wines from its first, 1974 harvest are now being distributed throughout the states and, more than any others I have tasted, they exemplify the style of Monterey—fresh, clean, very fruity, with an unmistakable varietal nose and taste.

With the exception of the

Continued on next page

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"The style of Monterey—fresh, clean, very fruity, with an unmistakable varietal nose and taste"

New wine tastes from Monterey *continued from preceding page*

Gamay Beaujolais, a deliciously zesty wine that should be drunk young and slightly chilled, like a Beaujolais Nouveau, the 1974 reds are being aged in oak. The whites are ready for drinking now. My favorite (and, at under $3, the least expensive) is the Del Mar Ranch White, a blend of Pinot Blanc, Chenin Blanc, and 10 percent Sylvaner with a light, bone-dry fruitiness that makes it a good apéritif, a refreshing summer wine, and a pleasant accompaniment to many foods, from pâté and smoked salmon to seafood and sweetbreads. The other whites are priced from just over $3 for the Chenin Blanc to around $4.60 for the early bottling Chardonnay, without wood aging. (A later bottling, to go on sale this fall, will have been aged for a few months in oak casks.) The Grüner Sylvaner and the Johannisberg Riesling are unusual and interesting examples. The Grüner Sylvaner, made in a light, soft, fresh style reminiscent of a German Palatinate wine, is different from most California Sylvaners, which tend to be undistinguished and therefore have never been very popular. The Johannisberg Riesling is gorgeous, delicate, and complex, with the haunting touch of sweetness imported by Botrytis cinerea, the grape-shriveling, sugar-concentrating fungus that gives the famous dessert wines of Sauternes and Germany their luscious richness. Botrytis, which California winemakers have for years been trying to induce on Sauvignon Blanc and Semillon, occurs spontaneously in Monterey. Dr. Richard Peterson, who followed the great André Tchelistcheff as winemaker at Beaulieu and is now winemaker and winery president of The Monterey Vineyard, hopes to be able to make a glorious dessert wine in the Sauternes style from the botrytised Sauvignon Blanc and Semillon he is now aging in wood.

While the 1974 wines of The Monterey Vineyard are in rather short supply, only 40,000 cases, as more of the acreage starts producing we can look for a steady flow of its well-made, reasonably priced wines to join company with the familiar big three of the medium-priced premium-wine echelon—Almadén, The Christian Brothers, and Paul Masson. According to Gerald Asher, president of the marketing company, only the most outstanding wines will be sold under The Monterey Vineyard label. The rest will be sold in bulk, either to other wineries or for private-label bottling. Already there has been a flurry of interest on the part of some Central Valley producers, who can improve their own varietals by blending them with those of Monterey.

While it is the wines from the large producers that most Americans are going to be drinking in the coming years, the small wineries with limited production continue to play a very important part in raising the overall sights and standards by showing what can be done given the right soil and climate, and painstaking vinification. Chalone, which makes what I and many others consider to be California's finest Pinot Noir, is a case in point. Despite the discouraging economics of the times, little wineries continue to appear, adding an interesting extra strain of color to what California has to offer. Three new ones in Napa that have put out their first estate-bottled wines this year are Stag's Leap Wine Cellars, Carneros Creek, and Clos du Val, which enjoys the distinction of having for winemaker Bernard Portet, son of the *régisseur*, or manager, of Château Lafite Rothschild. M. Portet, who came to California in 1968 and fell in love with it, says he is trying to make his Cabernet Sauvignon as close as possible to the wines of Pauillac in the Médoc. He was unfortunate in having 1972, a rainy year and one of California's lightest, as his first vintage, but the 1974 promises to be a bigger, more tannic wine, which may not reach drinking age until 1981.

Although Cabernet Sauvignon is probably California's most famous and praised wine and more Cabernet grapes were planted in 1974 than any other variety, I continue to find the metamorphosis of the white wines of greater interest. Ten years ago they all tended to taste alike, but now, mainly due to slow, low-temperature fermentation that retains the fruit and brings out the varietal character, the differences are marked. Pinot Blanc and Chardonnay, the classic white grapes of Burgundy, reveal their true and separate natures. Chenin Blanc, so often blandly nondescript and semisweet, now flaunts an almost flagrant fragrance and fruit. Sauvignon Blanc, called by some wineries Fumé Blanc or Blanc Fumé, the name it goes under in the Loire, displays a distinct earthiness or *goût de terroir*. Even French Colombard, formerly regarded as a rather acid and neutral blending wine, has proved delightfully fresh, clean, and fruity in versions made by a few wineries such as Parducci, Chateau Souverain, Chalone (under their second label, Gavilan Vineyards, from Napa grapes), and Almadén.

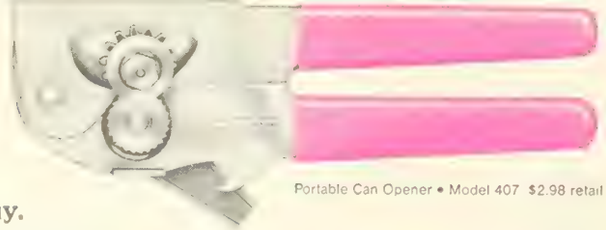
Yet another wine region, south of Monterey, is beginning to be talked about. Around coastal San Luis Obispo there are vineyards of varying sizes, some six or seven years old. The growing conditions resemble those of Napa and the wines are heavier and chewier than those of Monterey. So far most of the grapes have been sold to Napa wineries, but it may not be long before we will all be drinking wines made in San Luis Obispo County.

Did you ever wonder what happens to the prunings from California's millions of vines? It seems wineries have to pay someone to haul them away. When I visited The Monterey Vineyard with Richard Olney, author of the award-winning *Simple French Food*, he suggested that the cuttings be packaged as fuel for outdoor cooking, the way they are used in Provence to impart aroma and flavor to meats. Someone then remembered that a restaurant in San Francisco serves a "vintner's hamburger," grilled in the dining room over a big bundle of vine cuttings. Chuck Williams, of San Francisco's Williams-Sonoma kitchen shop, who had been considering importing vine prunings from France, is enthusiastic about this recycling of California's own byproduct, so if he and the winery can get it all together, we may soon be able to drink *and* eat à la Monterey. ■

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continued from page 130

The vegetable mixture serves as the sauce; if it is too thick, add a little of the poaching liquid.

Place veal on a platter and top each portion of veal with a spoonful of sauce. Sprinkle with parsley and a bit of peeled tomato.

Cook cauliflower in salted water, drain, and purée in a blender. Correct seasoning. Serves 6. *194 calories per serving.*

COFFEE POTS DE CRÈME

INGREDIENTS

- 7 tablespoons skimmed milk powder
- 2 cups hot water
- 2 rounded teaspoons decafeinated coffee powder
- artificial sweetener to taste
- 2 eggs, beaten
- frozen coffee crystals (recipe on page 130)

METHOD

Mix milk powder with water and delicately stir in the coffee and sweetener, beating constantly. Strain. Add eggs and pour into six individual custard cups. Set into a pan of water, bake in a 150° oven about 1 hour. Chill. Serve with a few sprinkles of coffee crystals. Serves 6. *40 calories per serving.*

DINNER

Carrot Kugelhupf with Chervil and Purée of Artichoke

Brochettes of Scallops with Sauce Sabayon

Melon with Strawberries

CARROT KUGELHUPF WITH CHERVIL AND PURÉE OF ARTICHOKE

INGREDIENTS

- 2¼ cups carrots, sliced fine
- 4 tablespoons water
- 2 tablespoons butter
- ½ cup chicken consommé or 1 teaspoon powdered chicken consommé
- salt and pepper
- 10 tablespoons diced mushrooms
- 1 shallot, minced
- 2 eggs
- 2¼ tablespoons Gruyère, grated
- 1 rounded tablespoon chervil or parsley
- clarified butter

METHOD

In a large pot, cook carrots, water, butter, consommé cube or powder, salt and pepper to taste. Pass through the largest disk of a vegetable mill.

Sauté mushrooms in a Teflon pan with the shallots; a few turns in pan will suffice. Mix mushrooms into the carrot purée.

In a bowl, mix eggs, Gruyère, chervil or parsley, and combine with carrot purée.

Line the interior of a medium-sized, glazed terra-cotta mold (for kugelhupf) with a thin film of butter. Pour in the carrot mixture and set the mold in a pan of water. Cook in a 200°-220° oven for about 45 minutes. Serves 6. *99 calories per serving.*

PURÉE OF ARTICHOKE

INGREDIENTS

- 3 artichoke bottoms, cut in quarters
- 3 asparagus tips
- salted water

METHOD

Poach artichoke bottoms and asparagus for about 10 minutes. Drain. Purée in a blender. Serves 6. *4 calories per serving.*

Note: Guérard presents the unmolded carrot kugelhupf on a chopping board strewn with green resinous leaves of a thuya tree, resembling a form of ferns.

BROCHETTES OF SCALLOPS WITH SABAYON SAUCE

INGREDIENTS (COURT BOUILLON)

- 1 cup white wine
- 1 cup water
- 1 cup carrots, cut into eighths
- ½ cup leeks, cut into eighths
- 6 small onions, sliced
- branch of thyme
- ½ bay leaf
- salt and pepper
- 2 tablespoons fresh tarragon, chopped

METHOD

In a saucepan, place wine, water, carrots, leeks, onions, thyme, bay leaf, and season with salt and pepper. Simmer mixture for 15 minutes. Remove 15 tablespoons of court bouillon to another saucepan, add tarragon, reduce by half. Set aside.

INGREDIENTS (BROCHETTES)

- 30 scallops
- 1 large tomato, cut in quarters and again in sixths
- 3 large mushrooms, quartered
- 1½ bay leaves

METHOD (BROCHETTES)

Thread six metal skewers (which

(Continued on page 201)

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CORNING 3+1 RANGE



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heard of territories. In 1965, he opened his first restaurant, the Pot-au-Feu, on a Simenon-sinister street in the dreary Parisian suburb of Asnières. (He couldn't afford the high rent in the chic quarters of town.) Within weeks, *le tout* Paris was seeking directions to the culinary genius who was boiling up a storm in that dismal location on the outer fringes. Within two years, the real out-of-towners were telephoning from New York for advance reservations but even a dramatic long-distance call couldn't assure one of the coveted forty places.

In 1974, Guérard was dispossessed. The building of the Pot-au-Feu was slated for demolition. To the dismay of his partisans who cried he would be forgotten, he announced he was leaving Paris for Eugénie-les-Bains, a deep-country hamlet of 150 persons, to help Christine with the hotel and spa that belonged to her father who was rejuvenating a chain of five watering places in the region.

The Guérard-istes now are streaming to southwest France. Easiest access to Eugénie is Pau, 50 kilometers away, linked with Paris by two Air-Inter flights a day. The Pau airport now hums with an international buzz and an exchange of hails and farewells from Guérard friends who are coming or going. When there is no room on the Pau line, the Eugénie-bound fly to Bordeaux or to Biarritz and drive from there.

The late Christian Dior used to say that the lines of a future collection could be discerned in his collection of the season before, provided you had the eyes to see.

Guérard's lightening refinement of French cuisine has been en route for some time. In an article published by the *International Herald Tribune* in July, 1973, I found that at the recommendation of Paul Bocuse, I had tried a "sea bass *au varech*," a Guérard creation that has won the accolade from the top professionals of France as the discovery of the year. The fish is steamed under a heavy tangle of a particular seaweed sent to Asnières daily from Brittany. This *varech* imparts its moisture to the bass and infuses it with incomparable flavor of the sea. There is no other seasoning. The dish is a sublime of simplicity.

"When the bass is scraped of its seaweed and its scales, Guérard serves a small bowl of *sauce vierge*. This is olive oil acidulated with a little lemon juice, to which has been added chopped tarragon, chervil, crushed coriander, and a few bits of peeled and seeded tomato for color.

"Because he feels that potatoes or rice are boring accompaniments to fish, Guérard has arranged each individual 'platter' with a fan of fresh asparagus tips."

After that lunch, Guerard told me he had been inspired by the delicacy of Japanese cuisine and the lithe energy of the Japanese.

At that same Pot-au-Feu luncheon, I had eaten a lobster salad, in which each element maintained its distinction. Reading the description now shows it was a forerunner to Eugénie-les-Bains.

"The dominant note is lobster served in generous chunks. Carrots, sliced paper-thin and previously treated to a suggestion of simmer without destroying the freshness of taste, lend an important touch of orange to the color scheme. Green beans, crunchy and barely cooked, have their place here as well. From the Chinese, Guérard has adopted the rule that vegetables, even when cooked, should still be raw enough to resemble 'just picked.' "

Vegetables, "just picked," figure largely in the menus at Eugénie-les-Bains. Often running them through the blender seems to bring out the very essence of artichokes, string beans, watercress, leeks, cauliflower, mushrooms. Only salt is used, to bring out the innate flavor. He obtains tonalities of flavor by introducing surprising additions. . . . puréed pear to puréed spinach or puréed cauliflower to puréed leeks.

The blender has become a necessary extension to his good right arm. Sauces have always been one of the elegant accomplishments of French haute cuisine. Guérard's contribution is a collection of superlative sauces, more taste than substance. He does not deny the rich goodness of fresh butter and cream. For his "Regime Minceur," he thickens his sauces with puréed mushrooms, a combination of puréed vegetables, or a low-calorie white cheese the French call *Taillefine*. So successfully has he adapted the sauce of one of his famous Pot-au-Feu dishes—*Duckling au poivre vert*—that only an exceptional palate or someone forewarned would detect the difference. The similarity of visual appearance makes it possible for a weight-watcher to eat opposite a non-weight-watcher without feeling cheated of all the fun.

The blender has become his magic wand, transforming vegetables into unctuous purées.

"It is useless to incorporate butter or cream," he says, "for they cause the natural flavor of the vegetable to disappear. Finally, parboil them or steam them and salt at the moment you put them in the blender. That is all. Infinite combinations are possible. I very much like a mélange of carrots, mushrooms, celery and onions. The artichoke can be remarkable provided you cook it whole, then remove the leaves and pass only the bottom round in the blender."

Simple Cooking is somewhat of a misnomer. It is not the same thing as Easy Cooking. Guérard's food at Eugénie-les-Bains is referred to as Simple, because it is purified of all the elements of grease and fat that might make it heavy. The efforts involved often surpass what is known as Grande Cuisine.

Although as he points out, it is a return to Grande Cuisine, which demanded that every particle of fat be meticulously skimmed from a sauce. "Then a lot of people began to neglect this Golden Rule, alas," he said. "In a traditional pan-fried steak, how many people remember to throw away the cooking butter?"

In the hierarchy of his present kitchen tools, a sharp knife ranks after the blender. A great deal of time is spent on chopping, dicing, slicing, and mincing. For instance, minced mushrooms can be cooked in a few turns around a Teflon pan because the many exposed surfaces give forth the maximum of inherent moisture. Furthermore, the infinitesimal bits of green pepper or red pimiento or orange carrot are necessary for their esthetic value. In his presentations, Guérard is closely allied to the Japanese.

Individual portions are composed on plates the size of platters. "I like comfortable plates," he says. The use of over-sized plates he borrowed from the Troisgros Brothers (having first asked their permission). It started years ago when he found he could not style a serving of pot-au-feu in the dining room but needed the comparative calm of the kitchen to make an artful arrangement. A commodious plate gives him the opportunity for special effects with everything from salads to desserts.

Feasting the eye is an important element of nourishment, particularly in a *Regime Minceur*. Automatically you slow down to admire and contemplate. Eating slowly is a key toward oral satisfaction and leads toward the desirable state of Less is More.

"To cook well you cannot be stingy. But I reproach useless excess, the constant temptation to add a little something more in the belief that it will be better, when on the contrary just the reverse is true."

He seemed to be paraphrasing Gertrude Stein who once commented that some people think if perfection is good, more perfection must be better.

At Eugénie-les-Bains, Guérard uses only the finest chickens, ducks, eggs, lobster, crayfish, beef, veal, lamb, fruits, salads, vegetables. Some come from his property. Others he searches out in the colorful farmers' market in nearby Mont-de-Marsan. The herbs and flavorful grasses are at hand in the kitchen garden and in the meadows just beyond the kitchen door.

If you can go, it will be a glorious experience in gastronomic finesse. The success of Guérard's experiments can be judged in the laughter and convivialty of the dining rooms where everybody is having a wonderful time, slimming à la française. ■

Building Facts

Materials and equipment used in the house on pages 96-101.

ARCHITECTS: Stanley Tigerman & Associates
LANDSCAPE ARCHITECTS: Stanley Tigerman & Associates and owner.
CONTRACTOR: Don Zimmerman
SIZE OF HOUSE: 1,600 square feet
SIZE OF LOT: 8.9 acres

STRUCTURE
Foundation: Concrete block walls and concrete spread footings.
Framing: Standard wood frame construction.

EXTERIOR OF HOUSE
Exterior walls: Cedar siding applied vertically.
Exterior finish: Red, purple, orange, green, and black paint.
Roof: Built up with gravel top.
Insulation: Rock wool batts by Johns-Manville Corp.
Windows: Fixed panels of ¼-inch- and ⅜-inch-thick glass by PPG Industries, Inc.
Doors: Metal frame front door by Pease Company; flush paneled wood interior doors.

INTERIOR OF HOUSE
Interior walls: Cedar siding, natural.
Ceilings: Exposed wood joists on joist hangers.
Floors: Natural spruce.
Lighting fixtures: Track lighting with exposed bare bulbs.
Fireplace: Franklin stove.
Hardware: Synthetic bronze.
Kitchen and bathroom cabinets: Custom wood cabinets.

MECHANICAL EQUIPMENT
Heating system: Forced warm air system with exposed ducts.

gested the tooth fairy! Psychologists have found that reactions to color are more impulsive and emotional than reactions to forms or shapes. (But as people grow older, interest in form begins to exceed interest in color and this accounts for the fact that older people tend to prefer less striking colors. This was pointed out by color expert Eric P. Danger in his book *Using Color To Sell* [Gower Press].)

One interesting point emerged from the questionnaire: Most people thought that pink and rose were feminine colors. But most people thought that red was sexy. Therefore, you do not think there is necessarily a connection between "feminine" and "sexy"! History Professor Michael Kammen would agree with you about red being sexy. He recently complained to the *New York Times* that all the history books published in 1974 concerning love or sexuality, instead of having red covers (which he thought most appropriate), had purple, plum, or puce ones. We could have told him, however, that purple, plum, puce, lilac, lavender, etc. were all colors our readers definitely thought were sexy (running behind red and black, in combination with white).

"Color is deeply affected by the psychological climate of the times, as well as by the individual," believes Dr. Sharpe. "One can almost project the colors people will want in the future, based on the world situation. For instance, in a time of uncertainty and economic upheaval, people will choose dark, strong colors such as burgundies and browns. In times of affluence, people will go to the pastels and bright, gay colors." You must have noticed this in your everyday life. Sometimes, in a wonderful mood, you'll put on an orange or a scarlet dress just because you feel like it—the color is a reflection of you. Advertising people have studied this aspect of color, of course. Notice when you next visit your supermarket what colors are used for what products—and see what message the colors promote about the contents.

From the questionnaire, blue, red, and green turn out to be the most popular colors to *wear*—but you like greens and yellows to *live with*. Not surprisingly, therefore, your favorite House & Garden Colors turn out to be Sun Yellow, Green Mint, with Creamy Apricot third. Also not surprisingly, therefore, the color you most wanted your kitchen appliances to be, after white, was yellow, as distinct from gold. This was particularly interesting to us since there are very few *yellow* kitchen appliances on the market (as opposed to gold)—so from now on, let's change that! As to where the color in a room should go, 56 percent of our questionnaire respondents said in accessories, and 47 percent in art and in plants and flowers. Floors, walls, and windows came in a poor third.

Color in one's life is often taken for granted, as emerged from our investigation into dreaming in color (page 103). But as Dr. Kahn observed, our respondents were rather more likely to be aware of color than many others. A more dramatic reason for women's high percentage of dreaming in color, and indeed awareness of color in general, is given by House & Garden's Color Consultant, Faber Birren: "about 8 percent of men have some form of color deficiency—and less than 1 percent of women!"

Mr. Birren, one of the finest color experts in the country, and author of many books including *Light, Color and Environment* (Van Nostrand Reinhold) and *Color in Your World* (Collier), believes that color and light are becoming more relevant to a happy environment. "From our work," he says, "we have found that people react quite differently in a colorful environment than in a drab one, although they themselves may not be conscious of it. The natural condition for the human being is to live in a constantly changing environment—of light, color, forms. There's no such thing as a monotonous environment in nature. Today we know that children's intelligence actually degenerates in a monotonous environment." So let us be thankful that we appreciate color, as our questionnaire respondents so obviously do. In Mr. Birren's words: "Above all, for a home, have the courage of your convictions and feelings. Color is one of the natural delights of this world. It is the rule of nature, not the exception, and much of the good life resides in it." ■

By Caroline Seebohm



Shopping Information

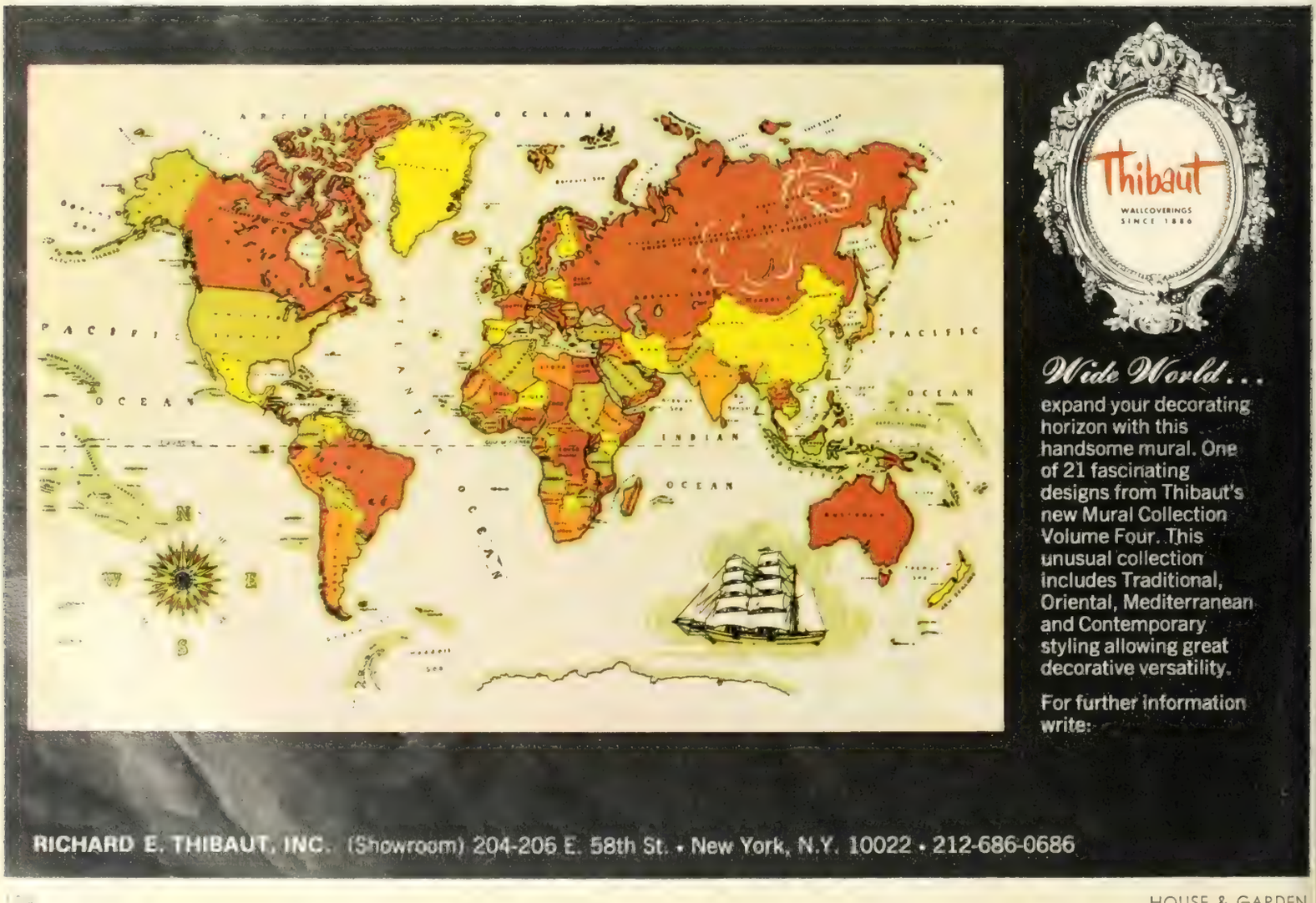
All prices approximate. *Consult your interior designer or store decorating department. Postage indicated by ( ).

LIVE IN COLOR
Pages 80-81:
"Chinese Waterstripe" cotton fabric: $27 a yd. By Arthur H. Lee/Jofa.*
Backgammon game: at Henri Bendel.
Panting: "The Moth" by Betty Parsons. Betty Parsons Gallery.
Antique fish plate: $48. Garvin Mecking.
Marbleized box: $123; fish box, $173. Both at Normand Maxon.
Turquoise loose dress: From Halston.

THINKING CARPET
Pages 108-109:
"Circa 70" Kodel III carpet: in 12′ and 15′ widths, color stone gray. $9.95 a sq. yd. By World Carpets.
"Hopsack Texture" Dacron fabric: covering pillows and bed, 54″ wide, acrylic backing, Scotchgard finish. $25 a yard. By Guilford/North. At Schumacher.*
Interior Latex paint: covering beams, by Tru-Test Paints by Cotter.
Lounge chair: 25½″ x 32½″ x 32½″ high, tubular chrome base, beech armrests, natural wicker, designed by Marcel Breuer. At ICF.*
"Jucker" lighting fixture: 7″ x 8½″ high, red enameled spun aluminum, revolving, tilting shade. Designed by Tobia Scapa.
Red ceramic ashtrays and vase; platinum finish **ceramic pencil cup** and **vase** all designed by Studio Castello. **Marble vases, ashtray, and sandstone pen/pencil holder:** designed by Di Rosa and Giusti.
"Taccia" lamp: designed by A. and P.G. Castiglioni. All available at Atelier International.
Paintings: over bed and table by Aliki Zographos. At Zographos Designs.
Side chair: 19″ x 22½″ x 31″ high, tubular chrome frame, leather sling seat and back, designed by Nicos Zographos. At Zographos Designs.
"Trim" cotton sheets and pillowcases: red with white border. Twin flat, $69.60; French pillowcase, $38. At Pratesi.
"Polaris" Creslan blanket: full size in royal blue. $29. From the North Star collection by Chatham Blankets. At Fortunoff's, Westbury.
"Capella" china: $65 per 5-piece place setting. At Royal Copenhagen.
"Queen Anne" sterling flatware: imported from England. Dinner fork, $66; dinner knife, $44; luncheon fork, $44; teaspoon, $35. At S. Wyler.
"Projecta 15" color TV: 100% solid state portable, 21¾″ x 16⅛″ x 15″ high, uses up to 27.5% less power than comparable sets with tubes. $399.95. By RCA.
Beogram 4002 turntable: automatic or manual operation. Control panel eliminates the need to touch tone arm. Rosewood finish. $690; **two Beovox 4702 speakers:** 22⅞″ x 11 7/16″ x 11 7/16″, two 7½″ woofers, one 1½″ dome tweeter, rosewood finish, available in teak, oak, or white lacquer. $220 each; **Beomaster 4000 receiver:** 23″ x 3¾″ x 10⅝″ wide, may be preset up to 6 FM stations. Rosewood, available in teak or oak. $590; **Beocord 2200 cassette recorder:** 19¾″ x 3″ x 9″ deep, Dolby Noise Reduction System. Adjusts for use with Chromium Dioxide tapes. High density ferrite heads. "Memory" counter stops recorder at any preset point during rewind. Weighs about 12½ lbs. $485. Dolby is a trademark of Dolby Laboratories, Inc. **Sound system** by Bang & Olufsen.

RETHINK CARPETING
Pages 110-111:
Diagonal staircase: "Chaparral" Kodel carpet in Bittersweet and mulberry, 12′ and 15′ widths. $16.95 a sq. yd.; **"Patplush II" Creslan carpet** in autumn orange, 12′ and 15′ widths. $11.95 a sq. yd. By Patcraft.
Jumpsuit: drawstring pants, matching top of Trevira, $110. By Kimberly Knitwear. At Bergdorf Goodman.
Play sculpture: "Embraceable" Enkalure nylon carpet in cheroot gold, royal blue, flash red, gala gold, 12′ widths only. $14.95 a sq. yd. By Gulistan Carpet division of J.P. Stevens. Enkalure nylon by American Enka.
Tick-tack-toe table: "Aspiration" Acrilan carpet in temple red, sapphire, emerald, 12′ and 15′ widths. $14.95 a sq. yd. By Bigelow.
Plexiglas Xs and Os: Plexiglas by Rohm & Haas from Cadillac Plastic. Under $3 each.
Wall panels: "Merriment" nylon carpet in sterling and cameo rose, 12′ widths, $10.95 a sq. yd.; **"Love Song" nylon carpet** in chocolate, 12′ width only. $11.95 a sq. yd. By Bigelow.
"Centopercento" sectional furniture: wool upholstery, available in a wide variety of fabrics and colors, removable covers, designed by De Pas, D'Urbino, and Lomazzi. At ICF.*
Drum table: 22″ diam. x 15″ high, chocolate lacquered "Koolskin" finish. $279. At Intrex.*
Brown plastic planter on casters: 15¾″ diam. x 14″ high. $94. From Architectural Supplements.*
Triangular table: "Heathmoor" Zefran and modacrylic carpet covering triangle, in palamino, 12′ width. $16.95 a sq. yd.; **"Sebego" Antron III nylon carpet** covering square in tobacco, 12′ width. $9.95 a sq. yd. By Philadelphia Carpet.
Rainbow: "Adorneau" nylon carpet in 9 of 26 colors available, in 12′ widths only. $9.95. By Karastan.
"Djinn" furniture: steel tubular frames with rubber webbing and covered with molded foam, covered in Orlon fabric available in 12 colors. Chair, 28″ x 30″ x 26″ high, $394; ottoman, 28″ x 23″ x 14″ high, $230. By Airborne Designs.*
United States map: made from a variety of carpet styles by Philadelphia Carpet. **Carpet Seaming Tape** by Conso Products.
Lounge chair: "Embraceable" Enkalure nylon carpet in royal blue, 12′ widths only. $14.95 a sq. yd. By Gulistan Carpet division of J.P. Stevens. Enkalure nylon by American Enka.

AMERICAN WATERCOLORS
Pages 118-119:
"Stripe" cotton fabric: 54″ wide, by Key West Hand Print Fabrics at B. Berger.*
1. "Sportable" 100% solid-state black and white TV: 12″ diagonal screen, AC or built-in battery pack operation, 16⅜″ x 13⅝″ x 12½″ high, removable sun-shield, weighs about 19 lbs. $180. By RCA.
2. Window canister set: molded heavy gauge plastic in 4 sizes, snap-on covers, also in blue, yellow, red, white, black, and mint green. $20. By Copco. At Bloomingdale's.
3. Drainer tray: 18″ x 21″, also in avocado, gold, white, or yellow. $3.98. By Rubbermaid.
4. Shell pillow: one pillow, both sides



shown, 24" x 19", all cotton. $120 each. By Hot Air for LCS.*

5. Pâté terrine: 1½-qt., 12" x 4" deep, enamel on cast iron, also in red, yellow, blue. $27.95. By Le Creuset.

6. "Grip-n-Mix" 3-qt. bowl: 9" diam., 6¼" high. $2.98. By Rubbermaid.

7. 5-qt. chicken fryer: $32.95; **4½-qt. round French oven,** $29.95; **12" skillet,** $19.95. All by Le Creuset. French oven and skillet at B. Altman.

8. "Balls" lamp: 4" diam., $19.50. At George Kovacs.

9. Personal fan: 6" x 4" high, drum-type blades make no noise or vibration, adjustable up or down position, may be removed from cradle to be used vertically. $18. By Braun. At Bloomingdale's.

10. Dishdrainer: 14¼" x 19" x 5¼" high, also in gold, avocado, white, or yellow. $3.29. By Rubbermaid. **Plates in dishdrainer:** front, **"Feathers"** clear plate, handpainted by John Curran. $15 a set of 4. At Bloomingdale's; middle, **"Flamestitch"** plate, $16 a set of 4. At Bonwit Teller; **"Wicker"** plate, $18.50 a set of 4.

11. "Eclipse" bath scale: 11½" sq., 2" high. Weighs about 5 lbs., Lexan cover. $19. By Hanson. At Bloomingdale's.

12. Kitchen

Six-inch square quarry tile floor: in sierra flash. By H & R Johnson.

Countertops: white Formica; **center island,** butcher block; **cabinets,** custom white Formica with stainless pulls.

Two self-cleaning electric wall ovens: stainless with black glass doors. By Thermador; **built-in gas/charcoal barbecue** in stainless. By Waste King Universal. **4-burner gas cooktop:** features Thermo-Set Burner-with-a-Brain controls. By Caloric.

Built-in Foodmatic: with juicer, grater, ice crusher, blender attachments. By Ronson.

Built-in Counter Saver: in white, used as a cutting board. By Corning.

Kitchen stools: from Atelier International.

Built-in dishwasher: white Formica front panel; **built-in trash compactor** with white Formica front panel. Both by KitchenAid.

3-door Ice 'n Water Side-by-Side automatic refrigerator/freezer: white Formica front panel, separate ice and cold-water dispensers. By Amana.

Communication center: by NuTone.

2-bowl stainless sink: with hand lotion dispenser. By Elkay.

13. Lounge chair: 36" x 35" x 27" high, upholstered in white Haitian cotton. $292. By Domani Division of Burris Industries.

14. "Maidstone" vinyl wallcovering: 27" wide, 27" repeat. $19.50 a yd. companion fabric available, $19.50 a yd. at Carleton V.*

15. Towels: "Luxor" bath towels in lemon, vanilla, bark. By Martex, a division of WestPoint Pepperell. At Bloomingdale's; **"Grand Velour II" bath towel** in aqua by Utica Fine Arts for J.P. Stevens; **"Adam's Rib" cotton terry towels.** By Wamsutta.

16. "Flap" sectional sofa: upholstered in yellow cotton canvas. Armless, 27" x 35" x 25" high, $700; corner, 33" x 35" x 25" high, $900. By Buzan Collection.

17. "Peignoir Pastels" cotton and polyester sheets: available with dust ruffle and pillow shams, comforters. By Springmaid.

Pages 120-121:

Living Room—Decorators' Show House

"Flax" cotton fabric: covering walls and curtains. By Hinson & Co.*

Dhurrie rug: by Rosecore.*

Mirror: at That Special Something.

"The Ark" painting: by Julio Fernandez Larraz. The FAR Gallery.

1. "Lustersoft" sheets: by Anne Klein Design Studio. At Saks Fifth Avenue.

2. Lounge chair: 38" x 38" x 29" high, natural, raw silk cushions, chrome wire frame. $379. By Flair, a division of Bernhardt Industries. At Gimbels.

3. 2½-qt. covered casserole: dishwasher safe, ovenproof when heated with the oven. $35. By Chanticleer Ceramics. At Au Marché.

4. Sectional group: armless, 29" x 32" x 28" high; ottoman, 29" x 24" x 17½" high, upholstered in a linen weave, steel frame with molded foam. By Directional Furniture Industries. At B. Altman.

5. Color TV: 9" diagonal screen, AC, 12V battery, or car/boat battery, detachable black filter screen, earphone, jack, and car lighter cord, 10⅛" x 14 13/16" x 12⅛", 5 lbs. $329.95. By Hitachi Sales Corp. of America.

6. Handpainted shell place mats: cotton, 19½" x 4½", lined with muslin. $7 ($1.25) at Tabletopping at Henri Bendel. **Putty stone pots:** tureen, $32.50; pots, $10 and $15. From Schmid Brothers.

7. Ceramic picture frames: handpainted by Catherine Kulesh. 2½" x 2". $10; 3½" x 3¼", $20; 5½" x 5", $28; 8½" x 7", $42. At Mill Pond House. **"Candida Trellis" cotton chintz:** under picture frames, 48" wide. 24" repeat, Zepel finish $19.50 a yd. From Arthur H. Lee/Jofa.*

8. Geometric coffee table: 66" x 36" x 14" high, plastic laminate. $374. $33 additional for mirror chrome plinth base. By Thayer Coggin. At Contemporary Design.

9. Oval sofa: 90" x 36" x 29" high, 4 loose and 2 seat cushions. By Directional Furniture Industries. B. Altman.

10. Sectional sofa: upholstered in a crewel fabric, rolled back, bun feet, loose back cushions. By Lee Industries.

11. "Scribble Flowers" cotton and Fortrel sheets: in pillowcases, bedspreads, dust ruffle. By Wamsutta.

12. Polka dot bench: 24" x 19" x 19" high, tufted seat. $199. By Flair, a division of Bernhardt Ind. At Gimbels.

13. "South Parish" vinyl wallcovering: 27" wide, 36" repeat. $23.25 a roll. By Lloyd.*

14. "Gambit" vinyl wallcovering: 28" wide, 8½" repeat, coordinating fabric available. Christopher Prints.*

Page 125: Blender by Hamilton Beach.

HOUSE & GARDEN
GREAT AMERICAN
IDEA CENTERS

For Color in Carpet to buy at House & Garden Great American Idea Centers in the following stores across America, turn to page 108.

Alabama
Birmingham ... Pizitz

Alaska
Anchorage ... Nerland's
Fairbanks ... Nerland's

Arizona
Phoenix ... Goldwater's

California
Los Angeles ... The Broadway
San Francisco ... Liberty House

Colorado
Denver ... May-D&F

Connecticut
Hartford ... G. Fox

District of Columbia
Washington ... Woodward & Lothrop

Florida
Miami ... Burdine's
Tampa ... Maas Bros.

Georgia
Atlanta ... Rich's

Hawaii
Maui ... Nerland's

Illinois
Chicago ... Carson Pirie Scott

Indiana
Indianapolis ... L.S. Ayres

Kentucky
Louisville ... Stewart Dry Goods

Louisiana
New Orleans ... D. H. Holmes

Maryland
Baltimore ... Hutzler's

Massachusetts
Boston ... Jordan Marsh

Michigan
Detroit ... J. L. Hudson

Minnesota
Minneapolis ... Dayton's

Missouri
Kansas City ... Edward Keith
St. Louis ... Stix, Baer & Fuller

Nebraska
Omaha ... J. L. Brandeis

New Jersey
Newark ... Hahne & Co.

New Mexico
Albuquerque ... American Furniture

New York
Brooklyn ... Abraham & Straus
Buffalo ... Adam, Meldrum & Anderson
New York ... B. Altman & Co.
Rochester ... Sibley, Lindsay & Curr

North Carolina
Charlotte ... Ivey's

Ohio
Akron ... O'Neil's
Cincinnati ... Shillito's
Cleveland ... Higbee's
Columbus ... Lazarus
Dayton ... Rike's
Toledo ... Lasalle's

Oklahoma
Tulsa ... Froug's

Oregon
Portland ... Meier & Frank

Pennsylvania
Ardmore ... O'Neil & Bishop
Philadelphia ... Strawbridge & Clothier
Pittsburgh ... Kaufmann's

South Carolina
Greenville ... Ivey's

Tennessee
Knoxville ... Miller's

Texas
Dallas ... Sanger Harris
Houston ... Joske's of Houston

Utah
Salt Lake City ... Z.C.M.I.

Virginia
Richmond ... Thalhimer's

Washington
Seattle ... The Bon Marché
Spokane ... The Crescent

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Wonderful light food

continued from page 113

Emalee Chapman,
cooking teacher, San Francisco
"I am starting an evening class for people who work, on quick things that take *just half an hour*, yet are nourishing, good for you. Cook something like a simple chicken with herbs—then balance out the menu with strawberries, unsweetened, marinated half an hour in orange juice, folded into whipped cream. Veal, pounded thin, dusted with *parmesan instead of flour* —followed by figs in orange juice."

Gerry George,
businessman, New York City
"People I know are concerned about over-indulgence in meat, and are learning to cook vegetables less. None of us wants to eat big meals these days. For instance, here's a light dessert my friends seem to like, made with frozen orange juice. (Buy frozen orange juice in tins with replaceable lids, to preserve the nutritional value as long as possible—spoon out the amount you need, then put the tin back in the freezer.) Put 2 or so tablespoons of frozen orange juice in a bowl and add yoghurt. Peel an apple and cut it into cubes and mix into the orange-yoghurt mixture. The combination is delicious."

Mrs. Kirk Douglas, *Los Angeles*
"Kirk and I are yoghurt freaks. We have yoghurt every morning for breakfast with various fruits. Kirk used to love a rich Roquefort dressing on salads. I've changed our salad dressing and he likes it just as well. It's made of yoghurt, salt, and pepper, lemon juice.

"We play a lot of tennis and serve a very light luncheon. I use the yoghurt and lemon juice dressing on a giant salad made with lettuce, mixed sliced chicken, sliced ham, sliced tomatoes, and sliced hard-boiled eggs. This is topped with crisp crumbly bacon."

Craig Claiborne, *food writer and expert, New York City*
"Frankly, I haven't noticed much difference in food. My whole principle is to eat in moderation. Those recipes that call for a lot of butter or heavy cream are not everyday dishes—they are for special occasions, and should be regarded that way."

"Trader Vic" Bergeron,
San Francisco
"We've eliminated the fat from the heavy Mexican food. For instance, *chile rellenos*. They used to be deep-fat fried—there's nearly ½ to ¾ of an ounce of fat in them, the way a Mexican cooks them. We *bake* them—with soufflé batter. We lay little cup molds, with no bottoms, on a flat cookie sheet. Then we put a little soufflé batter in each one, with the *chile rellenos* and put them in the oven."

New quick light recipes from Trader Vic
Mix Wasabi powder—a tangy, flavorful Japanese root—with watercress, vinegar, and water for a light watercress dressing. Or add Wasabi (mixed with water to make a paste) to half sour cream and half mayonnaise.

Quick Light Chicken 1
Broil chicken pieces then swirl them around in two tablespoons of peanut butter.

Quick Light Chicken 2
Put some chutney, with a little water to thin it, in the blender. Then roll your broiled chicken lightly in it and serve. Or marinate shrimp overnight in the chutney marinade and fry quickly.

Thin down a cream sauce for fish with chicken broth, Kikkoman soy sauce, and a few pistachio nuts.

Richard V. Hare,
interior designer, New York City
"Often my wife and I do a chef salad for a light meal—chopped fresh lettuce, grated carrots, chopped celery, slivers of ham and cheese, and leftover vegetables from the night before. With this light dressing: Put into the blender 2 tomatoes, a stalk of celery, 2 teaspoons horseradish, 1 teaspoon Dijon mustard, juice of 1 lemon, basil, parsley, 3 tablespoons olive oil, salt and pepper. This is enough for 4. With it, serve "cheese toast." Toast rye bread, thinly sliced, in the broiler. Spread lightly with mayonnaise. Sprinkle Parmesan on top, and put it back in the broiler."

Mrs. Henry Fonda, *Hollywood*
"A normal meal for Henry and me could include broiled chicken or fish, or veal flavored with lemon, margarine, and a squeeze of fresh garlic. With this, we have a large mixed green salad from our vegetable garden, which usually includes New Zealand spinach, radishes, carrots, bibb lettuce, and alfalfa sprouts. We keep two sprouting jars going all the time so that we always have one jar with fresh sprouts. For dessert, it's never more than fresh fruit.

"For entertaining, I'm into cold food—perhaps cold veal with a sauce of mashed tuna, capers, lemon juice, and a dash of yoghurt. With this, a cold ratatouille, from the garden including zucchini, other summer squashes, tomatoes, eggplant, salt, and pepper."

Laura Maioglio, *owner, Barbetta Restaurant, New York*
"American taste has evolved so much. They are interested in lighter foods, yes, but I see that as a greater sophistication. For instance, in my restaurant we have a dish, *carne cruda alla Piemontese*. This is raw veal. You take some veal—the same as you would use to make scaloppini—and you chop it. Don't put it through a grinder, it doesn't taste the same. Chop it by hand, spread it out on a dish, not in a mound. Then dress it with lemon, olive oil, tiny slivers of garlic, salt, and pepper. The first few years we offered it, nobody would touch it. Now it's become enormously popular.

Mrs. Alan Pakula,
hostess, Hollywood
"For luncheons, I do two egg omelettes individually, with Spanish sauce (a mixture of Italian plum tomatoes, onions, tomato paste, mashed garlic, celery, and margarine). For salad now, endive and watercress combined with a light dressing of white wine vinegar, safflower oil, mashed garlic, salt, pepper, and Dijon mustard. When would you have served men a light luncheon like this in the past?"

Monique Silverman,
a Frenchwoman living in New York
"In France, you must remember we do not eat *haute cuisine* all the time! In most French houses, the food is very simple. I find much American food is heavy—steak, for instance, is full of fat and hard to digest. I get a cheap cut from my butcher (he can't understand it!) that is lean—tougher but easier on the stomach.

"I am now substituting yoghurt for cream, for instance in a Southern French zucchini dish called *tian*. Cut zucchini into ¼-inch pieces (with skin on) and sauté them with onions in a little butter. When they are half cooked, remove from heat and mash lightly with a fork. Boil rice, mix it with the zucchini, then add yoghurt, one or two eggs, and grated Swiss cheese. Mix it all together and put it in the oven."

William and Chesbrough Rayner,
cookbook authors, New York
"There's certainly a move to lighter food and informal buffets these days. Guests can serve themselves to what they want. In our dining room, there is a round table where the buffet is laid out, plus separate tables where people can sit down comfortably. We often have almost a smorgasbord, with beef or chicken, vegetables, salads, and fruit." ■

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How YOU Can Turn Box-Tops Into Gold!

My husband laughed when I told him we could rake in over $500 a year with my "crazy" idea. "Too simple," he said. But today we both laugh all the way to the bank.

by Mrs. Ellen Michael

Copyright 1975

From this moment on, forget everything you've ever been told about making and saving money — because almost over night you can learn to change your mail box into a money machine. You'll learn how to open it six days a week for the next year to pull out a guaranteed minimum of $500 — absolutely tax free or your money back.

Unless you simply don't need $500 in extra cash for 1975 — to spend any way you like — take a few minutes to read about the simple, step-by-step method I've worked out.

The method is so incredibly easy that anyone can master it quickly — yet so valuable that it will give you and your family the money you need to buy the luxuries in life before you are too old to enjoy them. You can follow the method in just a few spare minutes a day — without any previous experience. And yes, it's all perfectly legal.

Sound impossible? It's really not. In fact, it's been proved by thousands of people just like you. You CAN learn the secret of how to get SOMETHING for NOTHING through the "magic" of refunding. But first, here's exactly what refunding is and exactly how refunding works.

It's simplicity itself. Refunding is the process of sending box-tops and labels to companies which offer to send you cash, coupons or gifts in return. You've probably taken advantage of offers like these from time to time in a hit-and-miss way. But, you discovered that the "profits" were small — hardly worth the effort. Me too.

But, once I found out that the big companies like Campbell's, Proctor & Gamble, General Mills, Bordens and Lever Brothers make 2,000 to 3,000 giveaway offers every year worth millions of dollars — I set out to find the way to get my share of all that money.

By trial and error and with the help of a refund and box-top expert in New York, I finally figured out a simple, step-by-step method of raking in over $500 a year. The method was tested again and again to make sure it really works. It does. It's almost foolproof.

Everything you need to know about the magic of refunding has been written down — so that you can cash in on the gold mine just sitting there in your cupboard. All this valuable information has been published by Lincoln Press in a book called "How To Turn Box-Tops Into Dollars."

If you have any doubt in the world that you can take in the extra cash you need — here are some reported experiences of avid refunders:

- "I have been putting all my refunds in a special bank account . . . I have over $1,000 saved . . ."
- "I'm planning a week in Nassau with the special fund garnered from coupons and labels . . ."
- "I owed my mother-in-law $50 . . . I've repaid $47 through refunding . . ."
- "This is really a god-send to me. Last month I received $62 in cash and about $30 in coupons for food . . ."



Now, shopping is a money-making adventure, not a chore. You too can claim your share of the million dollar giveaway – when you know how.

- "With refunds I have been able to buy gifts for birthdays and weddings . . ."
- "It seems that every time the mail comes in, I have 50¢ to $1.25 in change — sometimes crisp dollar bills . . ."
- "In the last few months I have saved over $150 . . . that's not counting free cans and packages of food. Last year I bought a bedroom rug and a lawn edger out of my refund money . . ."

Money doesn't grow on trees, so stop for a minute to figure out how much cash — in the form of box-tops and labels — you've thrown into your trash can in the last few months. $200 or more would be a good guess.

I'll make you this promise: when you follow my method, you'll never do that again. Instead, you'll get the thrill of having your mail box filled to overflowing with money. You'll learn exactly how to claim your share of refunds on everything from soup to nuts. Just imagine, $2.00 for 4 Ajax box-tops; $1.00 for a Pillsbury Coffee Cake label; $1.00 for 3 Axion box-tops; $2.00 for a Palmolive Gold soap label. Every one of these cash refunds were actually offered last year.

Let me give you one warning, though. When you first start to use my method, some people may say, "What's the use — you only get back a quarter at a time." They may even laugh the way my husband did. Don't pay any attention to them. A national magazine survey reported that people from Maine to California take in an average of $420.00 a year refunding. If they can do it, you can too.

And money isn't the only thing you'll learn to get once you've read the book and followed my simple method. Top quality merchandise is offered regularly for box-tops and labels. For example, in the last year or so a Polaroid camera was given away for snack food labels; an electric deep fryer for oil labels; an electric mixer for fruit labels; bath towels for soup boxes; toys, dolls and games for mouthwash labels — plus hundreds more.

But make no mistake about it — unless you have the tips, advice and guidance you'll find in "How To Turn Box-Tops Into Dollars" at your fingertips — you won't have a prayer. And, the only way to get your copy is to order it now, by mail. It's not for sale at any bookstore or newsstand in the world — at any price.

3 Bonus Reports — Free

Yes. When you order your copy of "How To Turn Box-Tops Into Dollars" right away you will receive absolutely free three issues of the monthly report "Refunding News." That's right. Each month — for three months — you will be kept up-to-date on the latest box-top and refund offers guaranteed to help you profit. And it's all free.

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To prove that the magic of refunding is no illusion or gimmick — take your first $1.00 refund today. For, even though I had been thinking about charging $6.00 for the book — send just $5.00 in cash, check or money order with the coupon below to Lincoln Press, 4444 South Sheridan, Tulsa, Oklahoma 74145. "How To Turn Box-Tops Into Dollars" (plus the 3 Free Reports) will be sent to you immediately by return mail. Quit dropping quarters and dollars into your trash can. Claim your rightful share of the million dollar refunding giveaway now.

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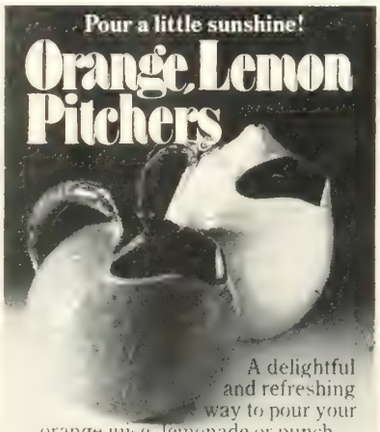
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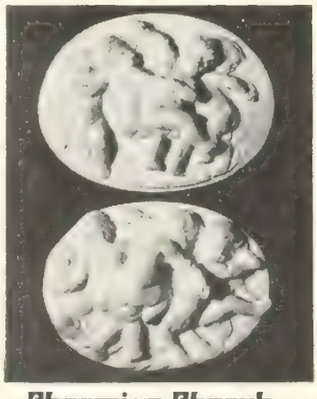
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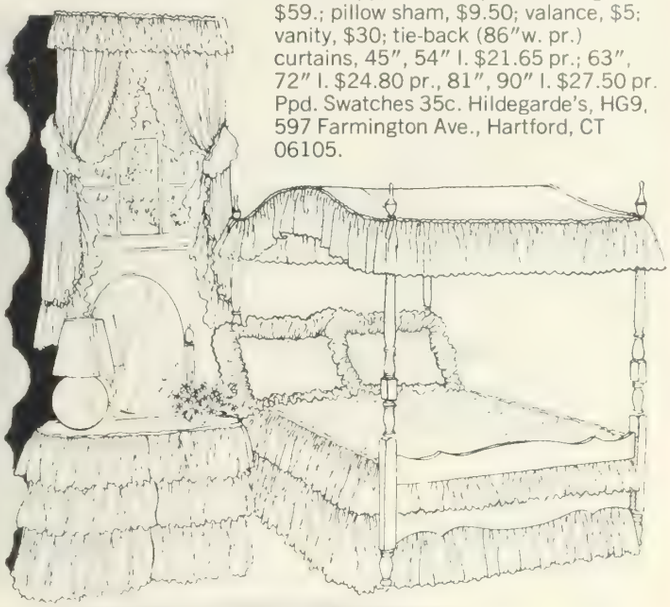


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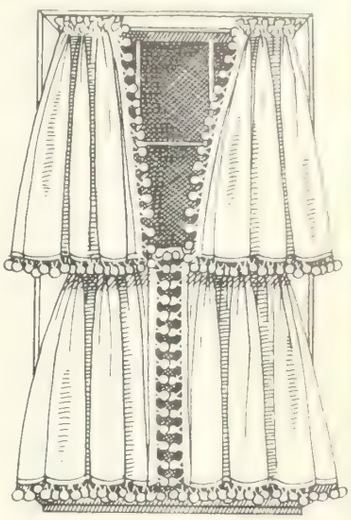
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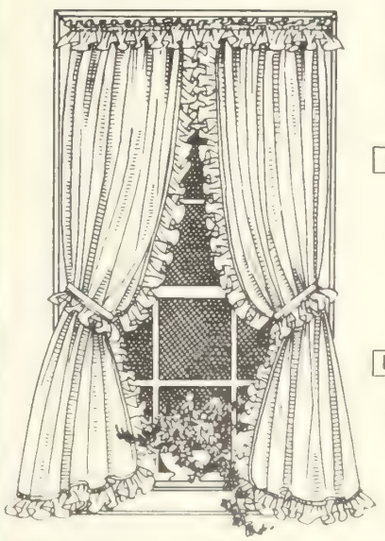
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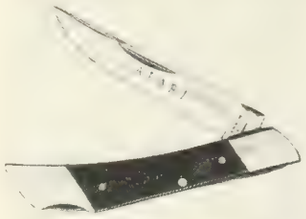
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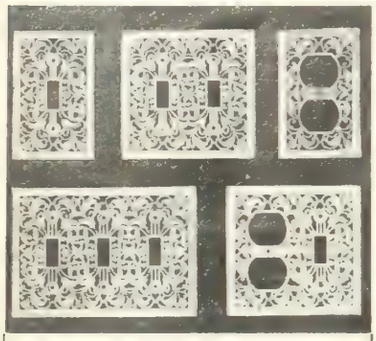
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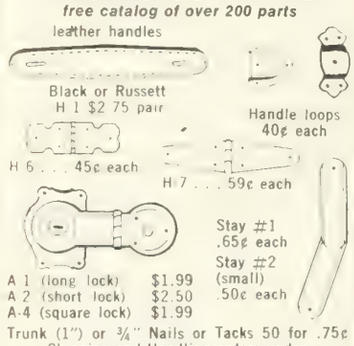
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Prince Leo
with eyes of golden yellow



A PENSIVE LION PRINCE PONDERS HIS JUNGLE WORLD. A BURK SAULS' ORIGINAL 13 x 20" BLACK AND WHITE LITHOGRAPH, HIGH LIGHTED BY HAND WATER COLORED EYES.....$7.50 ppd
Fl. res. add 4% tax

Send for our collection of original ideas...25¢

THE TATTERED BOOT
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Lamont, FL 32336

THE FRENCH FOR EGGS — USE IT

only $3.99
Free Delivery
2 for $7

Full refund if not delighted



Delightful, unusual, collapsible wire hanger for plants, vegetables, or whatever. Anodized—so it's rustproof. Hang it indoors or out. Lightweight but sturdy.

10½″ diameter, shown, holds 6″ pot (pot not included)
2 tiers, $6.99/3 tiers, $9.99
Send check or money order
(Add 7 tax in Conn.)

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GENUINE JADE



Now the current fashion of Natural Oriental Green Jade can be yours.

Wear the exotic glow of Genuine Oriental Jade. Choose from five delicately hand carved pendants on Gold Filled chains, or select the sumptuous elegance of the 24 inch Genuine Green Jade necklace. These handsomely sculptured gem stones are available directly to you from the manufacturer/importer at wholesale prices.

Please rush my beautifully gift boxed Jade selection. Postage Paid.
A ☐ Heart, B ☐ Turtle, C ☐ Buddha (apx. ¾″) **$8.50**
D ☐ Fish, E ☐ Elephant (apx. 1″) **$8.50**
F ☐ Jade Necklace (8 mm. beads 24″ length) **$45.00**
I enclose $..... (check or money order no COD's please). N.Y. State residents add tax.

Name
Address City State Zip

DYNAL IMPORTS, INC., Dept. I
64 West 48th St., N.Y., N.Y. 10036



"I saw and felt results in the first 3 days."

NO RIGID DIETING...
NO COMPLICATED EXERCISES...
This ingenious '5' Minute Body Shaper Plan, designed for busy people like you, has you starting to lose inches and pounds immediately...in the privacy of your own home. It's Safe...Medically Approved...and Guaranteed!

Here are the 6 reasons why this plan works fast to start you looking years slimmer...in 14 days!

1. It Concentrates its Slimming Action On Your Fatty Areas, Waist, Hips, Upper Thighs, that give you an aging look. Because it works most of your muscles gracefully at one time—not body part by body part—the Plan stimulates faster slimming action to help you start fashioning a more youthful looking figure in 14 days.

2. Simple to Use. No disrobing. Attach it to any door knob, stretch out comfortably on the floor. Do one '5' Minute continuous, rhythmic, enjoyable exercise, twice daily, whenever you have the time, even while watching TV.

3. Designed to Slim Fatty Problem Areas. Choose 4 different '5' Minute exercises, each created to help slim down the problem fatty deposit areas of your figure in 14 days.

4. No Rigid Dieting. We suggest you temporarily eat 20% less until you reach your normal weight, without giving up any of the foods you love — eat Ice Cream, Cakes, Pasta, whatever! (It's all in the guide.)

5. Safer and Saves Time. No more running to gyms for complicated, exhausting workouts that can strain you. This simple '5' Minute Plan, that you do at home, leaves you refreshed.

6. Weighs Only 10 Ounces. Fits any wallet size case. Stores anywhere. Travels with you so you never have to miss a slimming session. Remember, it's the daily sessions that firm, shape and fashion you a more youthful looking figure.

It's Fun With Results.....''5'' Minutes And Out.

THE SECRET WHY IT BEATS FASTING ALONE, MAKING YOUR FIGURE LOOK YEARS YOUNGER.

Fasting programs, when causing weight loss, unlike our plan usually burn off more active tissue (muscles) which can cause your skin to wrinkle, muscles to sag and create dragging fatigue. Our Plan increases active tissue growth—through the use of the '5' Minute exerciser—while concentrating greater fat loss by (exercise and temporary

© Joe Weider 1973

(PHOTOS CERTIFIED UNRETOUCHED)



Weight: 116 lbs.
Waist: 30½ in.

Weight: 101 lbs.
Waist: 24 in.

20 percent food reduction) making you look years younger as you slim. Within the first '5' minutes you use the exerciser, you start burning off fat, speeding up your metabolism to help burn up stored calories, releasing excess water. Helps curb your appetite without suppressants. Increases energy and well being. It's so simple and enjoyable a plan to follow, we guarantee you can stay with it remaining slim without re-gaining those inches and pounds. It can put an end to your "gain-and-loss-cycles".

USE OUR '5' MINUTE BODY SHAPER PLAN FOR 14 DAYS AND WE GUARANTEE YOU THESE RESULTS:

"You Will Lose Inches and Pounds. Improve Your Vitality, Energy, Fitness, Posture, Work Off Body Tensions, Feel and Look Better and Younger — All To Your Satisfaction Within 14 Days — If You Follow Our Instructions — Or Your $9.98 Will Be Refunded."

EXPERTS AND CUSTOMERS AGREE:
It's the no-nonsense way to shape up fast!

Scientific reports and many of our 600,000 customers inform us that sauna wraps, inflated belts, weighted belts and other 'effortless exercisers' are of little or no value in firming, shaping and beautifying your figure. "YOU MUST WORK OFF THE INCHES," experts say. We believe, and results prove, our's is the simplest, safest, most enjoyable Plan to do it. We Guarantee It. Here's a sampling of what our slimming customers tell us that happened to them while using the Plan.

Name	Pounds Lost	Inches Lost (off waistline)	Time
G. C	25 lbs.	5¾ in.	(14 days)
M. F	32 lbs.	6⅜ in.	(24 days)
W. E.	15 lbs.	3 in.	(14 days)
M. B.	22 lbs.	8 in.	(21 days)
C. J.	10 lbs.	6¾ in.	(14 days)
P. O.	10 lbs.	6¼ in.	(14 days)
J. C.	10 lbs.	5 in.	(14 days)

They were measured by experts before and after 14 days. The results verified, some notarized. Your results may vary depending on how overweight you are and how much time you devote to the exerciser. The customers quoted spent 5 to 10 minutes, twice daily and reduced their food intake —temporarily—by about 20%, but none gave up the foods they love.

DO IT NOW! It's America's most successful figure shaper. 600,000 customers have purchased our '5' Minute Plan to slim down fast. Results are proven and some notarized. Our guarantee to you is in writing. Experts agree our plan works—and works fast. Now, can you think of any reason for not ordering your '5' Minute Body Shaper Plan and start slimming down today?

Satisfaction Guaranteed!

"Use our improved 5' Minute Body Shaper Plan for 14 days! See what it can do for you! If it is not what we say it is, simply return it to us, in good condition, for your $9.98 refund."



Weighs 10 ounces

Joe Weider! Dept. LG 1
Builder of Beautiful Bodies since 1936
21100 Erwin Street
Woodland Hills, CA 91364

I have a lot of pounds and inches to lose. You promise that I will feel glorious and begin to look slimmer in just 3 days.

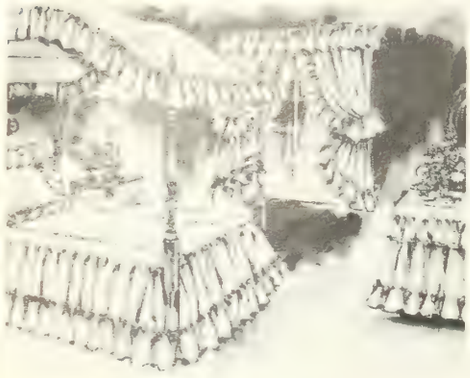
☐ **I am enclosing $9.98 plus $1.00 for shipping and handling.** (California res. add 6% sales tax.)

☐ Check, ☐ Money Order, ☐ Cash. Please allow 3 to 4 weeks for delivery. Rush '5' Minute Body Shaper and Illustrated Guide to...

Name.....
Address.....
City.....
State.....Zip.....

IN CANADA: 5 Minute Body Shaper, 2875 Bates Road, Montreal, Quebec

Wide Ruffle "Salem" Ensemble in No-Iron Perma-Press Muslin!



Enjoy yesterday's charm PLUS today's easy, easy care with this delicate bedroom ensemble, styled like those used in colonial homes so long ago. But these are made of modern Permanent Press natural (eggshell) or white Kodel® polyester and combed cotton muslin . . . the machine washable fabric that's specially treated so that it IRONS ITSELF in the dryer. Maximum shrinkage only 1%.

Every "Salem" Ensemble piece features extra WIDE, extra full 6" ruffles that give your bedroom the authentic look of colonial days gone by.

"Salem" priscilla curtains are fully 86" wide and feature an attached ruffled valance. Items can be ordered separately.

Avoid delay. Specify Natural or White and order by style same "SALEM". FREE illustrated brochure available.

"SALEM CURTAINS"

45" long	$11.00	72" long	$14.00
54" long	12.00	81" long	15.25
63" long	13.00	84" long	15.75
		90" long	16.75

Extra widths (to 272"). Write for prices.

MATCHING RUFFLED PIECES

Bedspread—Twin size	$25.50
Bedspread—Full size	28.00
Bedspread—Queen size	43.00
Bed Canopy—Twin size	23.00
Bed Canopy—Full size	26.00
Ruffled Pillow Sham	8.00
Vanity Skirt	15.00

Matching Insert Valance, 8" deep x 54" wide $2.50

OLD COLONY CURTAINS G596, Box 759, Westfield, New Jersey 07090

Money-back guarantee. Send check or Money Order. Delivery in N.J., add 5% Sales Tax.



THE FANTASTIC *GREEN GENIE* PLANT PROTECTOR

TELLS YOU WHEN TO WATER YOUR PLANTS
NEVER Overwater—or Underwater Your Plants again

Just insert the probes a few inches into the soil for a few seconds—and LISTEN: • Slow clicking sound—plant needs water. • Fast clicking sound—plant O.K. • When fast clicking sound stops—stop watering. . . . One Genie tests all your plants . . . Operates on 9-volt battery (not included) . . . Chart included on how to water 190 different plants. Order today.

$9.95 plus 50¢ postage & handling.

Illinois residents add 50¢ sales tax

HOBI HOUSE SPECIALTIES 9128 W. Emerson, Des Plaines, Ill. 60016



COUNT COINS FAST!

Sort, count, wrap pennies, nickels, dimes, quarters in seconds. Simply slide coins into 4 channels. Shows the totals as you go. No more fumbling with the wrapper. Real time-saver for merchants, cashiers, clubs, collectors, etc.

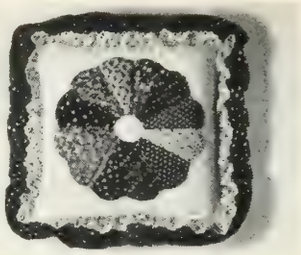
COIN TRAY . . . $2.98 + 40¢ Mailing Each

California Residents add 6% Sales Tax

Satisfaction Guaranteed or Your Money Back

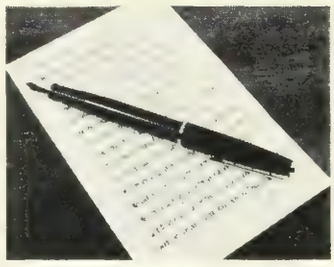
Anthony Enterprises Dept. HG-95
585 Market St., San Francisco, Calif. 94105

SHOPPING AROUND



DRESDEN PLATE

Patchwork and applique make a colorful 16" by 16" (overall) pillow. Kit has muslin for top, 12 calicos for plate, backing, lining for form, quilt needle, ruffled-border fabric, lace, polyfill. $12 plus 95c post. Ginser Snap Station, HG9, Box 81086, Atlanta, GA 30341.



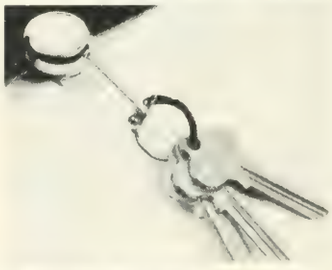
ELEGANT ITALIC

Ideal starter set for practicing italic handwriting. Contains a Platignum Silverline barrel, 5 interchangeable Platignum nibs from extra-fine to B2 lettering, an instruction manual. Right- or left- handed. $5.50 ppd. Pentalic Corporation, HG9, 132 W 22nd St., New York, NY 10011.



CHOICE BUCKS

Who's your favorite personality? Santa Claus? Robert Redford? A U.S. President? They are all now printed on $1 bills that look just like the real thing and are sure to be ice-breakers at the next party. $3.98 each plus 25c post. Holiday Gifts, 309-M, Wheat Ridge, CO 80033.



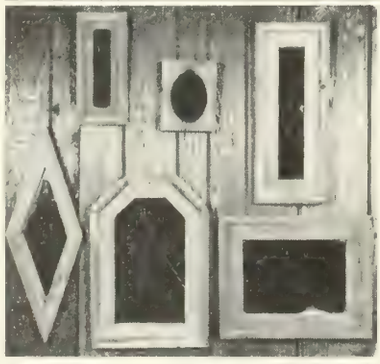
REEL-Y HANDY

This very practical key holder does away with fumbling and groping. Reel clips inside purse: unreels keys, automatically rewinds into case. Clip to your bag, pocket or belt. $2.98 plus 20c post. Order from Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



CRYSTAL JELLY DISH

Hard-to-find collector's piece. Panel thistle design from molds 100 years old. Carries tiny trademark, insignia of original maker. Ideal for candy, condiments as well. 5½" h., 7¾" w. excluding handles. $12.95 plus $1.55 post. Artisan Galleries, HG9, 2100 No. Haskell Ave., Dallas, TX 75204.



NATURAL Barnwood MIRRORS

Wonderfully rich in grain, often peppered with knots and worm holes.

4"x18" Rectangle $17.95 • Oval $8.95
10"x14" Rectangle 16.95 • Diamond 13.95
Church Top ..... 19.95 • 3"x10" Rectangle $10.95

(Add 75¢ postage per mirror.)
Michigan residents add 4% tax.

FREE COLOR BROCHURE: clocks, shelves, picture frames & wall hangings. Please allow 1 to 2 weeks for order delivery.

BARNWOOD SPECIALTIES
2873 PHELPS LAKE RD., MAYVILLE, MICH. 48744
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CAT TOY



The first intellectual toy made for the thinking cat. Safe, durable "mouse in the hole" game will provide hours of entertainment for kitty and anyone who is watching. Even the most sophisticated feline can't resist it. Measures 8" in diam. x 3½" high. The "mouse" is an elusive ball. Send $3.95 postpaid today.

New 96 pg. color gift catalog—25¢

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Mail Shopping Service
366 Wacouta, Dept. 390, St. Paul, Minn. 55101

Fruit-of-the-Month Club

FROM

Harry and David

We guarantee your satisfaction in every respect . . . or your money back!

Month after month, a parade of handsome gift boxes, each with your greetings and all announced by a Certificate of Membership inscribed as you direct. These famous Clubs keep you in warm, friendly contact with people important to you or your business. The proved perfect family gift for over 30 years. Sent direct from the orchard . . . the savings are yours! Ideal for business associates, friends, kinfolk and you!

3-BOX CLUB: Surprise them with gorgeous gift boxes for Christmas, January and February!

Gift No. 111 . . . $24.95 delv'd

5-BOX CLUB: Keeps coming and coming! Christmas, January, February, May and September.

Gift No. 141 . . . $39.95 delv'd

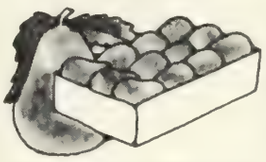
8-BOX CLUB: Delight them to pieces again and again! Christmas, January, February, May, August, September, October and November.

Gift No. 151 . . . $66.95 delv'd

12-BOX CLUB: Flabbergasting! A gorgeous gift every single month of the year.

Gift No. 201 . . . $95.95 delv'd

Christmas



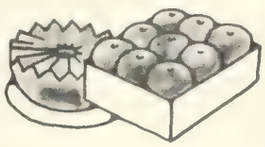
ROYAL RIVIERA® PEARS
America's rarest and finest fruit. So big and juicy you eat 'em with a spoon.
Net weight 6¼ lbs

January



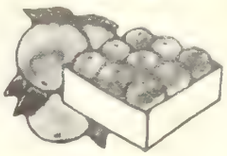
CRISP MOUNTAIN APPLES
Huge, red rascals. Really fresh and snappy from the cold mountain country.
Net weight 7½ lbs.

February



ROYAL GRAPEFRUIT
Bigger'n grade A ostrich eggs. Juicy as Oregon rain-clouds. Net weight 10 lbs.

March



ROYAL ORANGES
Rare sunshiney surprises from the pirate coast. Sweet and tempting.
Net weight 5½ lbs.

April



HAWAIIAN PINEAPPLES
Two hulapaloozers. Fully-ripened the way mainlanders hardly ever taste 'em.
Net weight 9 lbs.

May



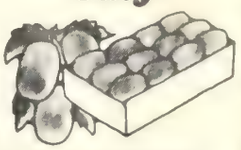
WILD 'N RARE® PRESERVES
Old-fashioned pure fruit preserves — no preservatives added. Four ¾-lb. tins.
Net weight 3 lbs.

June



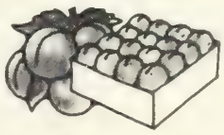
HOME-CANNED FRUIT
Uncanny! Orchard fresh, in extra-heavy syrup. Baked Pears, Summer Delight Pears and Oregold Peaches. No. 2½ cans. Net wt. 5½ lbs.

July



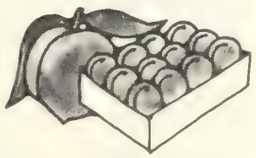
GIANT KIWI-BERRIES
Amazing NEW fruit from New Zealand. Sorta watermelon strawberry flavor.
Net weight 2½ lbs.

August



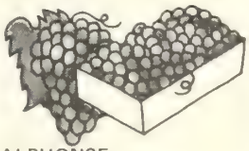
EXOTIC NECTARINES
Plum peachy. Big and blushing. A sure-fire summer sensation.
Net weight 5 lbs.

September



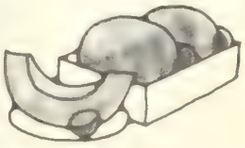
OREGOLD® PEACHES
Family and friends'll never forget these huge Oregon beauties. Net weight 6 lbs.

October

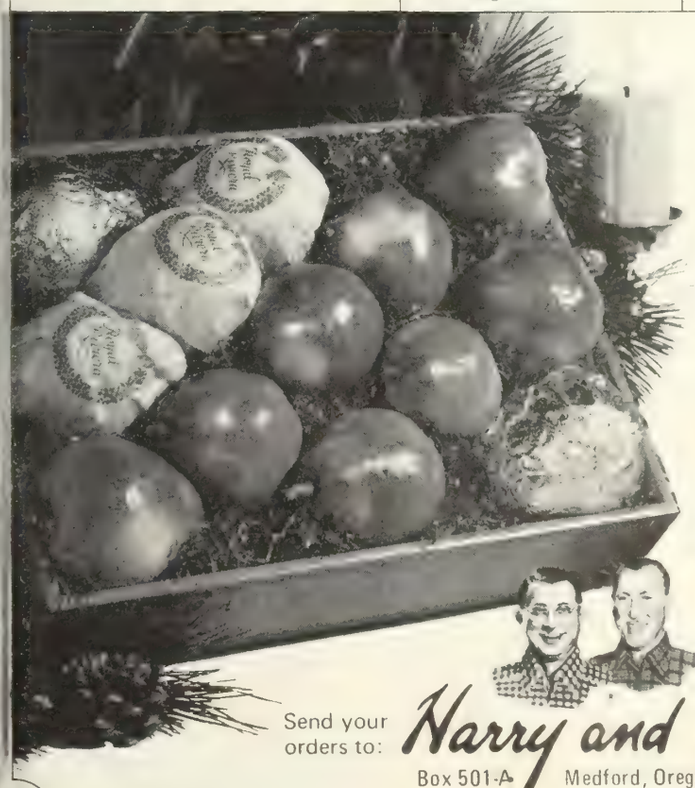


ALPHONSE LAVALLE GRAPES
Big, velvety black Belgian hothouse type. Used to grow only for Royalty.
Net weight 4 lbs.

November



SPANISH MELONS
From Valencia in sunny Spain. Exotic and juicy with the limes we include.
Net weight 6¼ lbs.



Royal Riviera® Pears

America's rarest and finest fruit

So big and juicy you eat 'em with a spoon!
Royal Rivieras are the rarest and finest of over 800 known varieties — so rare in fact, that not 1 person in 1000 has ever tasted them. Beautifully gift packed — sent with your personal greetings — **perfect delivery guaranteed.**



Gift No. 1 — shown
Net weight 6¼ lbs . . . . . $8.95 delv'd

Gift No. 3 — family size box of smaller pears
Net weight 9 lbs . . . . . $10.95 delv'd

Gift No. 5 — 8 to 9 gigantic pears
Net weight 7¾ lbs . . . . . $10.95 delv'd

EASY TO ORDER: Just send us your list. Enclose check or money order (no COD's please). Tell us how to sign your greetings for each gift. All prices include delivery.

PERFECT DELIVERY GUARANTEED

Send your orders to: **Harry and David**
Box 501-A Medford, Oregon 97501

(Clip and Mail)

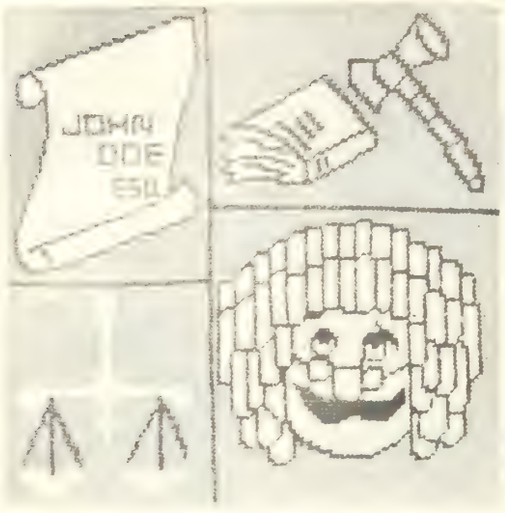
WANT OUR FREE CATALOG? IT'S DELICIOUS. See more of our farm fresh Christmas Gifts and Fruit-of the Month Clubs in honest-to-gosh full color. Just send off the coupon right away.

Mail to: **Harry and David** Box 501-A Medford, Oregon 97501
PLEASE SEND FREE CATALOG TO

Name _____

Street _____

© 1975 Harry and David



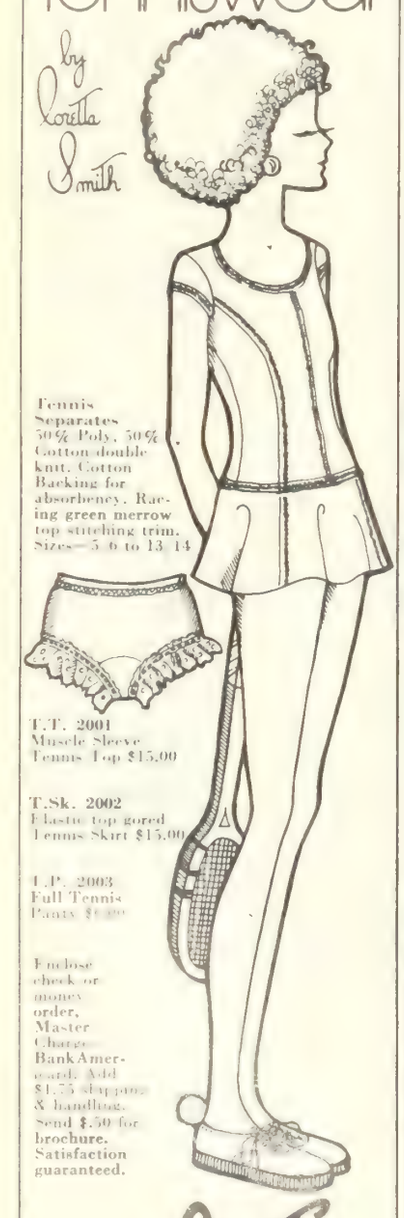
LAWYER PLAQUE TO NEEDLEPOINT

Here's a handsome, personalized gift to work in needlepoint. Shown here as a plaque, it could also be used as a pillow top or framed picture. Kit includes design hand-painted on white mono canvas, Persian yarns to work brightly colored design and rich green background, needle and instructions, including directions for working the subject's name, 10" x 10" design on 14" x 14" canvas. Only $16.95 plus $1 pstg. Other career plaques available at the same price: Doctor, Dentist, Accountant, Stockbroker, Nurse, Teacher, Homemaker, Pharmacist.

Send 25c For Next 4 Issues of Our Art Needlecraft Catalog.

The Stitchery Dept. HG-309, 204 Worcester Turnpike Wellesley Hills, Mass. 02181

tenniswear by loretta Smith



Tennis Separates 50% Poly, 50% Cotton double knit. Cotton Backing for absorbency. Racing green merrow top stitching trim. Sizes—5 6 to 13 14

T.T. 2001 Muscle Sleeve Tennis Top $15.00

T.Sk. 2002 Elastic top gored Tennis Skirt $15.00

T.P. 2003 Full Tennis Pants $

Enclose check or money order, Master Charge, BankAmericard. Add $1.75 shipping & handling. Send $.50 for brochure. Satisfaction guaranteed.

...a loretta inc.

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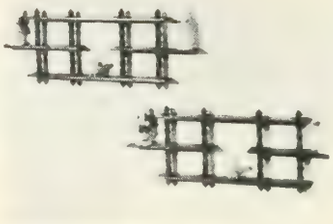
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Frostline kits are the **sew-it-yourself** outdoor equipment kits that come with everything you need to put together a top quality down-filled parka, sleeping bag, comforter . . . even tents and backpacks! With our detailed instructions even a **beginner** can sew any kit in our catalog.

WE GUARANTEE IT!!! Sew-it-yourself and save 30%—50% of comparable factory-made equipment

Write for our free full color catalog today!

frostline kits Dept HG 095 452 Burbank Broomfield, Colorado 80020



SHOW-OFFS

Warm fruitwood-finished solid wood shelves. Easy-to-assemble Mediterranean style unit has two 18" and two 10½" shelves, authentic spindle dowels. 25" w. overall. $2.99; pair $5.49. Add 65c post. for each. Greenland Studios, 9502 Greenland Bldg., Miami, FL 33059.



YOURS TO NAME

Add a perfect personal touch to all your fashions. The 15" name necklace is all sterling silver. With name up to seven letters $9.50 plus 50c post. Add $1 each additional letter. Wickford Gift Galleries, Dept. 231, 290 Westminster St., Providence, RI 02903.



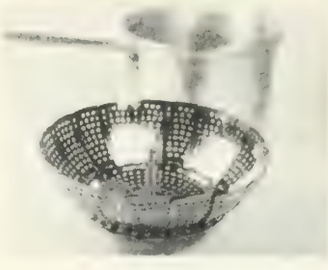
ENERGY SAVER

Tapered tines of a new garden tool will grip the roots of stubborn weeds and creeping grass as a claw hammer pulls nails. Uniquely constructed handle won't loosen. $6.95 ppd. Farm Products Engineering Co., Dept. HGG-2, 5701 W. Adams Blvd., Los Angeles, CA 90016.



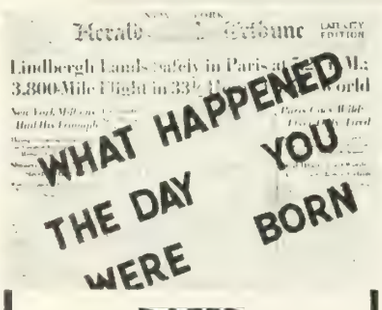
THOUGHT PROVOKER

"If a man has enough horse sense to treat his wife like a thoroughbred, she will never grow into an old nag" is lettered on polished Rocky Mt. Ponderosa Pine, 11½" by 9½" by ¾". Self hanger. $4.95 plus 50c post. Catalogue, 25c. Postamatic Co., HG 975, Lafayette Hill, PA 19444.



SAUCEPAN STEAMER

French cooks make vegetables taste good and stay nutritious by keeping them above boiling water in a steamer like this. Stainless steel, 5½" dia. at bottom; expandable top opens to 9½". $3.98 plus 50c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



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THE GREAT PHONE COMPANY Dept. HG-9 / 5404 Northfield Road Cleveland, Ohio 44137



Copper-Clad Mini Saucepan
A miniature version of the famous Revere Ware saucepan, copied down to the last detail. It's a one-cup size of satiny-finish stainless steel with copper-clad bottom and marked graduations for ¼ to 1 cup. Use it as a measuring cup, butter and chocolate melter, sauce server, baby food warmer. With stay-cool plastic handle.
726-6—Mini Saucepan ***$3.50***



1975 Hummel Ornament
A limited edition Christmas ornament featuring one of Berta Hummel's beloved paintings. This year's is entitled, "Christmas Child" and depicts a charming haloed tot amidst flowering branches. It's perfect in mood for the celebration of the Christ Child's birthday. Marvelous gift for the collector, it will become a precious heirloom.
8859-6—Ornament ***$4***



Pierced Earring Travel Case
Pierced earrings are tiny, and that's why we love them—but that's also why we lose them! It's silly to tote a whole jewelry box along on a trip. Tuck your favorite earrings into this 2⅜x2¾" polished brass case. Inside are five lined compartments and a mirror. Pop your earrings inside, snap it shut and you'll be ready to go!
0585-6—Earring Case ***$1.59***



The Cricket
Long revered by the Chinese as a symbol of good luck, it has been welcomed into American homes for the same purpose: "A cricket on the hearth for good luck and good health." The friendly fellow is crafted of black iron, stands guard over your hearth, adds a whimsical touch to decor. 2½" long. Housewarming gift supreme.
8297-6—Cricket ***$2.69***

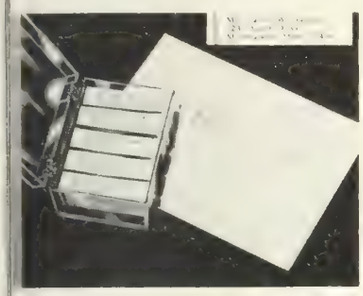
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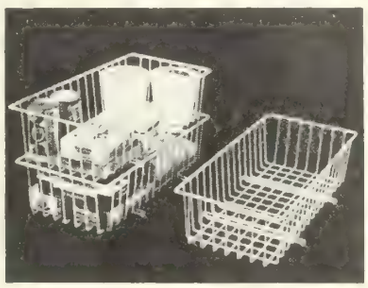
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Your name and address in crisp black in distinctive white or luxurious gold gummed labels. Fine for return address on letters and parcels, to identify books and record albums. Labels are 1⅞" long, limit of four lines of type. Plastic box has 1000 white labels or 500 gold. *Print clearly, please.*
R201-6—White Labels .. ***1 box, $1***
R212-6—Gold Labels ... ***1 box, $2***



Quilt Making and Collecting Book
A complete, easy-to-follow guide that shows you how to make beautiful, useful quilts you'll be proud to own and display. Even beginners can follow the clearly drawn patterns, photos, and step-by-step directions. Softbound book has 276 pages with over 40 full-size quilt patterns, 482 illustrations. A must for collectors
5834-6—Quilt Making Book .. ***$3.50***



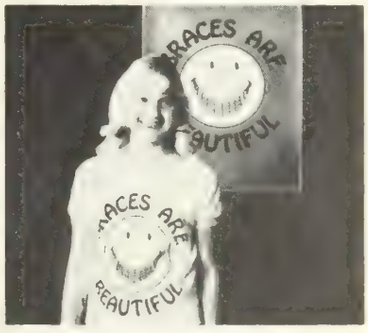
Stack 'n' Store Freezer Baskets
These make freezers as neat as filing cabinets, and you can find just what you're after without risking frostbitten fingers! Heavy steel rod baskets are coated with rustproof vinyl, are a jumbo 5¼x9½x19½" with braces for stacking without crushing contents. Keep fruits and vegetables in one, meats in another.
7559-6-Freezer Baskets, *each*, ***$4.89***



Early American Wooden Bell
The warmth and beauty of wood plus a touch of Colonial charm. Beautifully crafted hardwood bell has a mellow maple finish outside, a tiny brass bell inside that tinkles gently. Use it to summon guests for dinner—it will add a genteel touch to dining—or to call the youngsters in from play. Bell stands about 6" tall.
8112-6—Wooden Bell ***$2.19***



Overdoor Shoe Racks
One way to keep your closet neat! Racks slip over door (or can be wall mounted), hold 12, 18, or 21 pairs of shoes. They're cadmium-plated tubing with no-mar plastic tips to protect door. Extend 5½" from door or wall. Crossbars fold back to make shelves.
L200-6—12-Pair Rack ***$9.49***
L156-6—18-Pair Rack ***$12.79***
L319-6—21-Pair Rack ***$13.79***



"Teethshirts" for Teens
Guaranteed to keep any young "metal mouth" smiling! Snowy white, 100% cotton T-shirt is screened with a sunshiny yellow face boasting a tin smile and the words, "Braces Are Beautiful." Matching poster is 20x28", screened in yellow and black on a blue background. Shirt, ***$5.98;***
3759-6-Size 32-34, ***3760-6***-Size 34-36
3761-6—36-38, ***3762-6***-Poster, ***$3.25***

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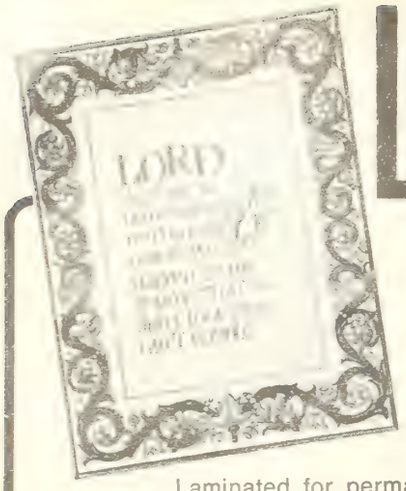
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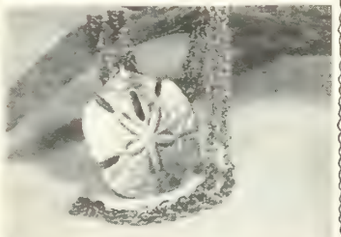
Help me to remember that nothing is going to happen to me today that you and I together can't handle". Inspirational, and lovely words on a 8" x 6" wooden plaque. Full color Italian scroll border, enhances the quiet serene message. Laminated for permanence, ready to hang on a favorite wall at home or office. Ideal hostess gift.

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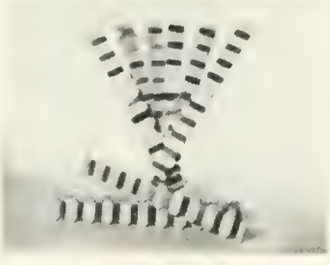
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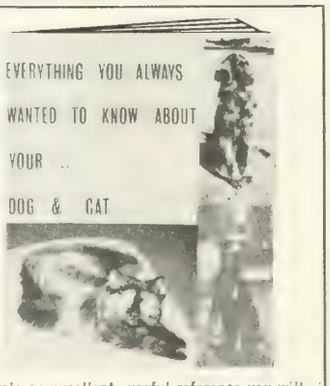
HOME-SEWER'S DELIGHT

Bargain package of threads in 90 assorted colors plus black and white includes nylon, polyester and fine cottons plus pure silk. Can be used for machine and hand sewing. Easy to store and use; instructions included. $2 ppd. O.K. Supply Co., HG9, Box 460, Sarasota, FL 33578.



STRAP CLIPS

Gold-finished metal lingerie clips keep bra and slip straps secure in handsome fashion. A smart way to be sure that straps won't tumble down when wearing a low cut gown. Set of two, $1.69 plus 20c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.

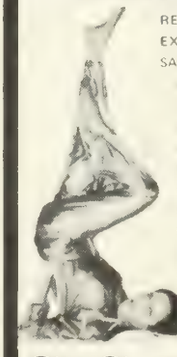


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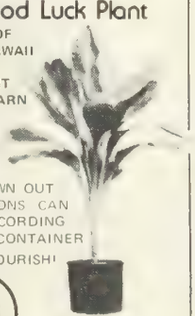
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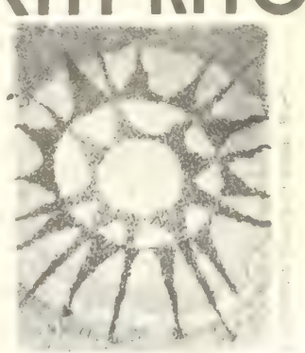
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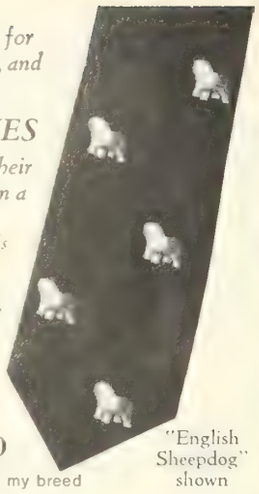
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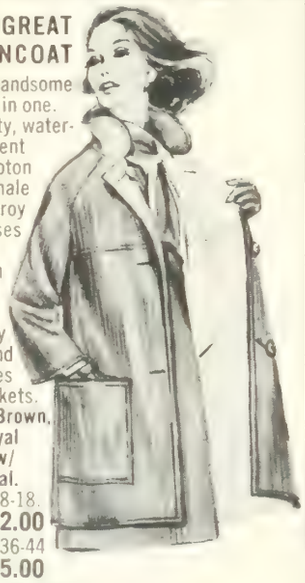


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Mother and daughter wear matching gowns of cotton flannelette by Slumbertogs. Patchwork apron effect is in red/white/navy/yellow on navy/white gingham checks. Lace-edged cuffs and border. Machine washable. Ladies' 5-13 $17. Children's (flame retardant) 4-14, $14; toddlers' 2-4 $13. Add $1.25 post. each. Carroll Reed, HG9, North Conway, NH 03860.

ALPINE ACCENT

Bands of embroidered Italian braid form a wide set-in waist and outline lovely apron effect on skirt front. Soft bodice gathers echo the rounded neckline, full sleeves. Silky Klopman polyester knit in ivory with coral skirt or cream with black. Washable. 8-16. $60 plus $1 post. Vicki Wayne, 610 So. Country Club Rd., H9C, Tucson, AZ 85716.



COLORFUL COVER

The favored caftan fashion gets around, goes to patio, beach and parties everywhere. Shantung-look polyester sparkled by applique. Natural, red, royal or black. Sizes 38-52. $20 plus $1 post. Yakko, HG9, 29 W. 35th St., New York, NY 10001.



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Quilted jacket has two layers of nylon insulated with five ounces of Dacron polyester fiberfill. Side vents, brass buttons. Oyster, red, green, navy and wine. 34" l. S(10-12), M(14-16), L(18), XL(20-22). $32 ppd. Johnny Appleseed's, HG9, Box 709, Beverly, MA 01915.

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Cobbler smock with paint set, crayons, coloring book, scissors, hanger and press-on letters for child's first name (specify). Permanent-press light blue denim, red cotton trim. S(ages 2-3), M(4-5), L(6-7). $4.98; two $9.50. Add 75c post. Ferry House, HG9, Briarcliff Manor, NY 10510.

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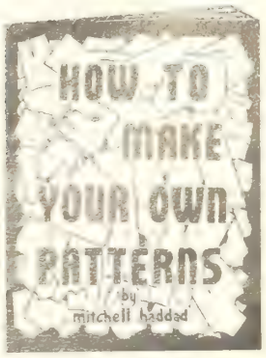
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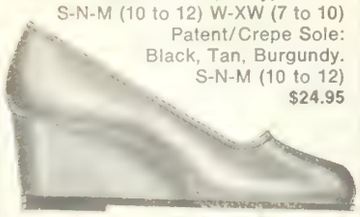
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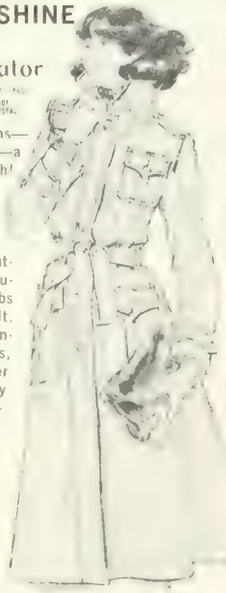
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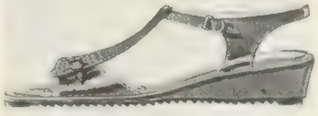
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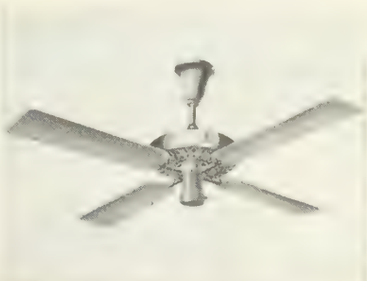
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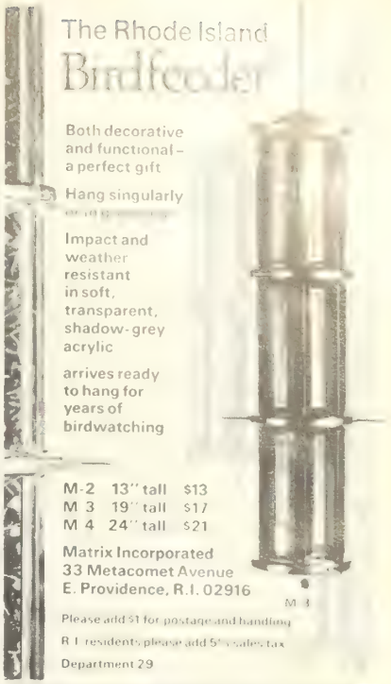


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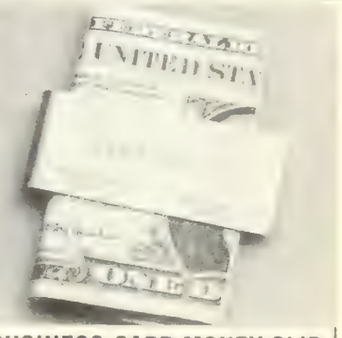
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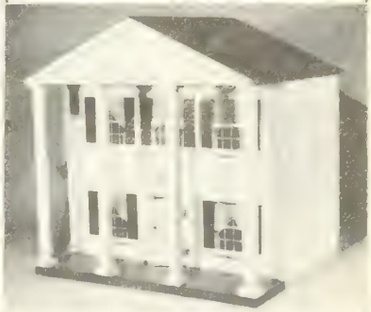
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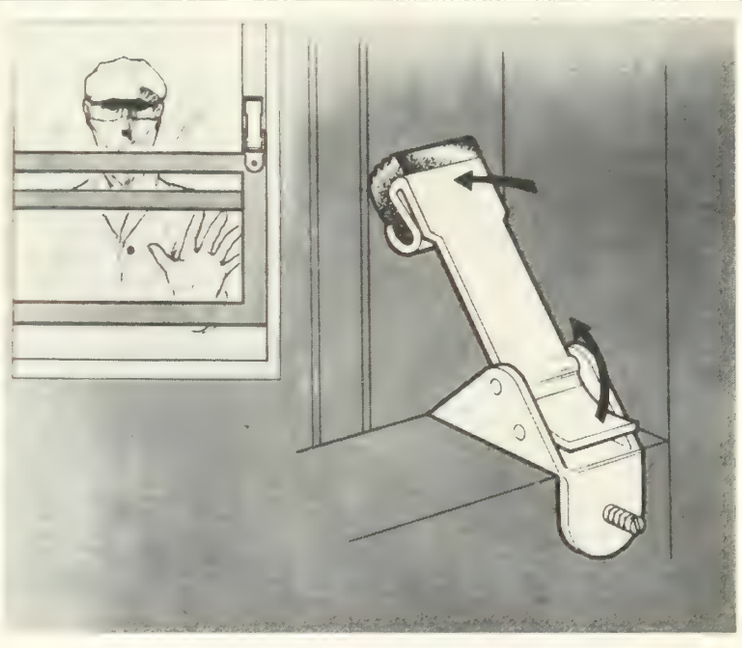


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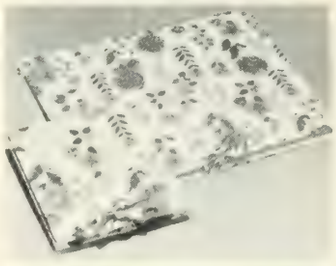
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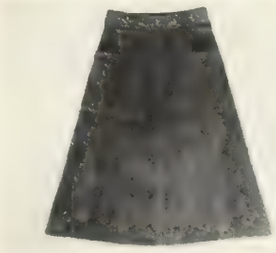
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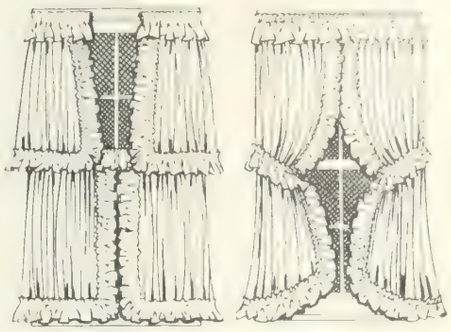


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COUNTRY-STYLE CURTAINS
IN NO-IRON MUSLIN, NATURAL OR WHITE

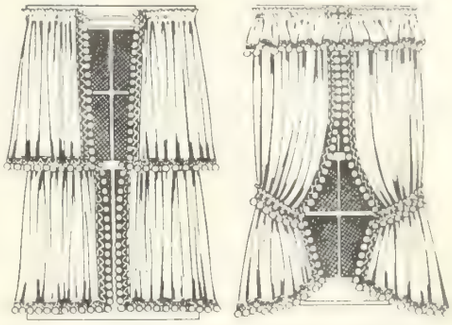


3" RUFFLES (Style CC3)
Inspired by Provincetown, Cape Cod. Extra-full 3" Ruffles. Extra-wide 81" to the pair.

TIERS
24", 30", 36" . . 7.00 pr.
WITH TIEBACKS
45", 54", 63" long . . . . . 9.00 pr.
72", 81", 90" long . . . . . 11.50 pr.
EXTRA TIEBACKS . . 1.00 pr.
EXTRA VALANCE 11" x 72" . . . 3.00 ea.

JUMBO 1" BALL FRINGE (Style B7)
EXTRA-WIDE 90" to the pair. Hang them straight or tied back with or without valance.

TIERS
24", 30", 36", 40" long 6.50 pr.
STRAIGHT OR TIEBACK
45", 54", 63" long. 9.00 pr.
72", 81", 90" long. 11.00 pr.
TIEBACKS . . . . . 1.00 pr.
VALANCE 11" x 72" 3.00 ea.



The charm of country-style curtains no longer need the drudgery of ironing. Practical, long-wearing, crisp and beautiful. Machine wash and dry, 50% Polyester—50% cotton muslin (preshrunk maximum shrinkage 1%) of unsurpassed quality that we back with **"satisfaction unconditionally guaranteed."** Specify style and color, natural or white. *Add $1.50 post. & hdlg. Please enclose check or m.o. Sorry no C.O.D.'s. N.Y. Res. add sales tax.*

COLONIAL MAID CURTAINS *Since 1947*
Dept. 29, Lawn Terrace, Mamaroneck Village, N.Y. 10543



- Black
- Wine
- Tan
- Midnight Blue
- Rust
- Sky Blue
- Cocoa
- Dark Green

$6.25 Ea.
2 for $12
4 for $24

Basic & Pretty

These soft and comfortable long sleeve T-shirts are just great as a basic. Simple and pretty! Lots of colors and priced so right, we're sure you'll find it easy to add a few to your wardrobe. Style 3601, made of 100% domestic cotton, preshrunk, long lasting and easy care. Available S,M,L. Send .75c postage. N.Y. residents add 8% sales tax. Catalog .50c free with your order. Send checks or money orders. No C.O.D.'s to:

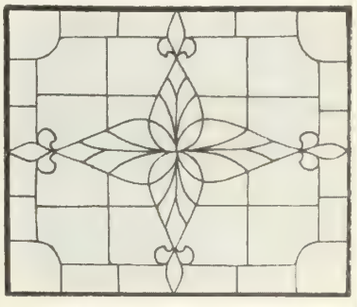
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Now you can make up to 10 pounds of fresh, delicious sausage with just the right amount of seasoning. Each kit contains sausage stuffing horn, *freshly* cured and salted hog casings, spices and seasoning, instructions and recipes. Refills making up to 25 pounds also. Specify Country Style, Italian Style, or Polish Style. Kit or refill **$6.95** plus 60¢ post.

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Half Sizes 5 to 10, also 11; Widths B to EEE. **$10.00**
Plus $1.00 postage & handling

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Geranium Pillow

These bright geraniums will bloom all year round in their terra cotta planter on a colorful 14"x14" needlepoint pillow or picture. Full color design on 12 mono canvas, 100% wool Persian yarn to complete sunny flowers & white background, needle, yarn & tote bag. Our geraniums come in choice of 3 shades: pinks, reds, or apricot (please specify). Only $14.95 plus 75c postage. Immediate shipping.

Roselle Needlework
100[illegible] Fifth [illegible]
Santa [illegible] Calif. 9[illegible]

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HG 975

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P.O. Box HG9, Waukesha, Wisconsin 53186
Phone (414) 542-8847

Name _____ Address _____ Tel. _____
City _____ State _____ Zip _____

SHOPPING AROUND



ON THE DOT

Gleaming acetate jersey zips up front to a wing collar. Jumper has belt, two patch pockets. Machine washable. White on red or green. Jr. 9-17; misses 10-18 $11. Women's in 34-42; and 14½-22½ $12. Add $1 post. Old Village Shop, Dept. M6509, Hanover, PA 17331.



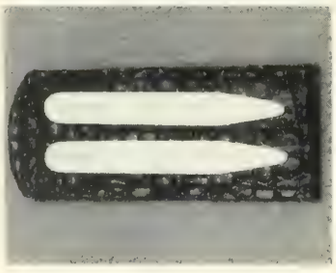
CATCHY COVER

Sensation from Morocco to wear with pants or as Boudenib dress. Blazing orange embroidery on pure white. Maze of intricate stitching floats past many self-buttons. Sizes 8 to 16. $33.50 ppd. Shopping International, Inc., HG9, 950 Shopping Intl. Bldg., Norwich, VT 05055.



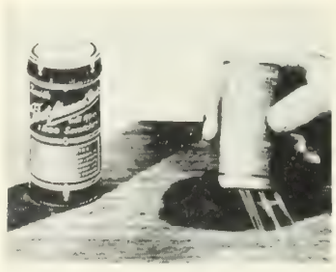
DRIP-DRY ROD

Perfect solution for drip-dry garments, sheer curtains, hosiery. Adjustable 25" to 31" chrome-finished bar, hooks over shower rod, locks in place. No screws or adhesive; garments drip in tub. $4.98 plus 75c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



COLLAR HIM

Sterling silver collar stays. He'll savor knowing he's well dressed down to these elegant details. 2½" l., to engrave with three initials (specify). Pair sterling, $8.50. 3" long $9. Add 50c post. Sleepy Hollow Gifts, HG9, 6651 Arlington Blvd., Falls Church, VA 22042.



MAGIC TOUCH

One stroke of "Almond Stick" and superficial scratches disappear from pianos, furniture, woodwork. For mahogany, walnut, oak and other finishes. Used by professionals. $1.98 plus 25c post each. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.

Pre-seeded Decorator Planter



Seeds are pre-planted, just add water. Choice of two plants. Marigolds—In red planter and Coleus—In blue planter. Excellent alone or in combination.

Makes a great gift! Ideal for home or office.

ONLY $2.98 each ppd. For 1st class add 70¢ each. SORRY NO C.O.D.'s

Maryland residents add 4% sales tax. Allow 3-4 weeks for delivery. For charges please furnish ALL info. on your card.

Horizons

This beautiful gold-finishe filigree cross . . .



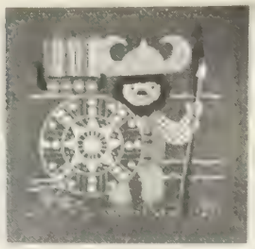
. . . on a 24" chain is 4½" long wi epoxy enamel inlay. It is available red, white, blue, or green. Please sta color choice. The price is $5.50 ea Please add $.50 postage and handlin

Jomist Co.

PO Box 8038 CRANSTON, RHODE ISLA 029

SWEDISH CHARM

Imported picture to embroider in basic stitches on electric blue linen ground. Yarns: gold, orange, white and browns. Kit has full instructions, mounting board. 13¾" by 13¾". #0372. $19.75 plus $1 post. Catalogue $1. Skon, GE9, 55 Lambert La., New Rochelle, NY 10804.



DROP CIRCLE

Perfect table for limited space. Butcher block top has rounded edge, stands on sturdy pedestal. In three sizes: 36" dia., $199.50; 42" dia., $249.50; 48" dia., $284.50. Exp. coll. Send $1 for 48-page catalogue. J&D Brauner, HG9, 1331 So. Michigan Ave., Chicago, IL 60611.



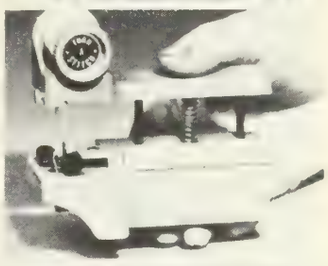
WELL SAID

The noted Never Underestimate slogan of Ladies' Home Journal is silk-screened in black on a white cotton T shirt. S, M, L. $2.99. Long-sleeved warm-up white polyester version $5.99. Add 65c post. each. Greenland Studios, 9579 Greenland Bldg., Miami, FL 33059.



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Dexter hand machine can baste, tack, zigzag, sew on buttons and zippers. Blind-stitches hem you're wearing. Does draperies and curtains while they're hanging. With needle threader, booklet. $6.98 plus 40c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



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MACHINE WASHABLE. 225 thread count with 150 denier thread. 11 Exciting Colors: Midnight Black, Scarlet Red, Sunflower, Royal Blue, Avocado Green, White, Florida Orange, Deep Purple, Bronze, Gold, Silver.

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Hand Towel (15" x 27")	$ 4.95
Bath Towel (27" x 45")	$ 7.95
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Set A—2 washcloths, 1 hand, 1 bath—Reg. - $16.00 (Save $1.00)—$14.95

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Set C—4 washcloths, 4 hand, 2 bath—Reg. - $42.00 (Save $7.00)—$34.95

$1.50 Postage and Handling per order . . . rush check or money order.

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TIGER SLIPPER SOX

Zingy foot comfort! Stretch-to-fit tiger slipper socks. Gay orange/black orlon acrylic paw print with white felt claws. Looks real. Genuine leather heels, soles. A roaring success with young and old. Great for at-home or dorm wear.

$3.98 + .35¢ hdlg.

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Holiday Gifts
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SMOKE DETECTOR!

$38.45 CHARGE IT!

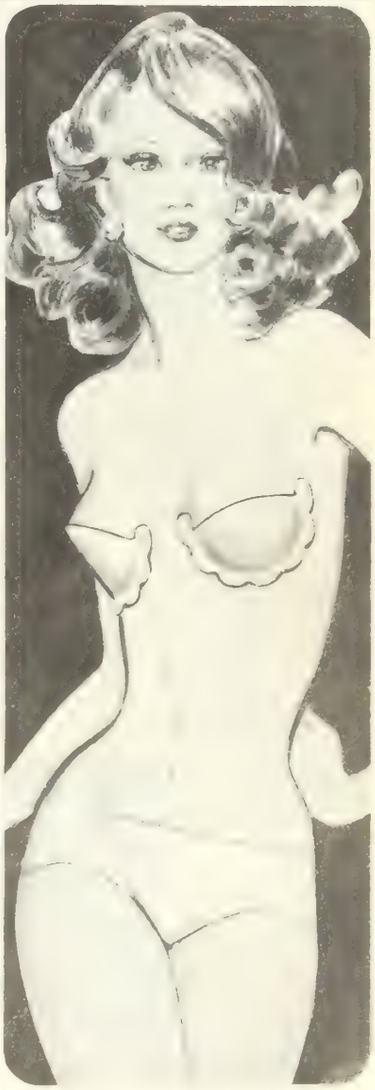
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"original" **BLEUMETTE** "Demi-Bra"

Improved over the past 20 years to answer all your needs for the new [illegible]

soft, fluid & comfortable.

Nude color.
Specify bra size
Pkg. 2 pair $5.00



VITAMIN E PEEL-OFF MASK

Mark Traynor, world-famous beauty consultant, introduces a new Vitamin E enriched beauty aid, **Vitamin E Peel-Off Masque.**

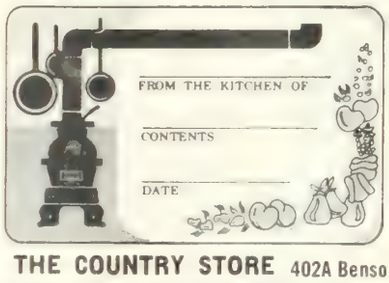
It's a peel-off that really peels... to leave your skin looking clear and glowingly fresh. Removes deeply embedded dirt and grime... sloughs off the dead skin that makes your complexion look muddy... and helps to refine large pores.

Just brush it on, let dry, and peel it off... it's gentle, easy to use, and you'll love what it does for your complexion!

For new, glowing skin beauty, try it yourself on our guarantee of satisfaction or money back. Send only $5.00 for **Vitamin E Peel-Off Masque,** (#K9335). Add 50¢ to help defray shipping and handling charge.

CONTEMPO, Dept. HGA-12
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Beautiful full color homemakers labels. 3"x2" large on shiny stock with sticky back. Simply peel off wax paper & stick on jars and things. Descriptive, decorative, all-purpose; make your handiwork special. Great for gift giving, too! (60 labels $1.50) (120 labels $2.75) (216 labels $3.25)

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Our crew-neck Shetland pullover, imported from Hong Kong and fully fashioned, has raglan sleeves and saddle shoulders. Shamrock, bluebell, persimmon, ice blue, hot pink, yellow, red, cream, navy, brown, beige heather or grey heather. Sizes 36-40. $18.00. White or navy monogram (please specify color and underline last initial). $4.00. Add $1 [illegible]



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Don't worry about your dog or cat getting lost. This stainless steel lifetime identification tag displays all the necessary information for his safe return—pet's name, your name, address and phone number, all engraved free. Hook for easy attachment to collar. Specify dog or cat. **$1.00** Ppd.

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Baskets made by generations of Chinese weavers. Nested ovals, all with covers, from 7½" by 5½" by 3½" to 4½" by 3¼" by 2½". Set of five $9.95; three sets $24.95. Ppd. Catalogue of other items, shells, window shades, 25c. Baskets, etc., HG9, Box 19982, Atlanta, GA 30318.



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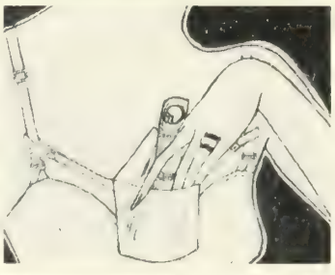
BLOCKFRONT BEAUTY

Chest of solid cherry has four locked drawers, beaded edges, and antiqued brass pulls with unusual striker-plate shapes and escutcheons. 30½" w. by 17" d. by 28½" h. Cherry finish. $225 exp. coll. Catalogue $1. Ephraim Marsh, Dept. 336, Box 266, Concord, NC 28025.



CUFF CHIC

Give her a perfect combination of now fashion and the personal touch. It's a stiff bracelet of sterling silver to wear on her cuff, and has any name up to 7 letters (please print) handsomely cut out of the silver. ⅜" wide. $15 ppd. Bruce Bolind, HG9, Boulder, CO 80302.



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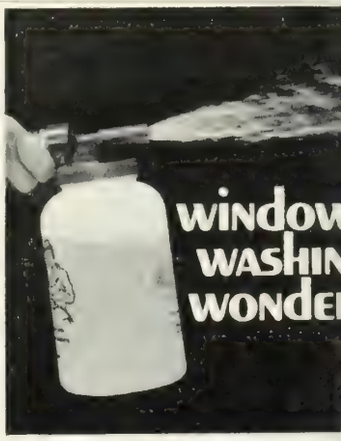
Stash your cash just like grandma, in this dandy money cache. Snap it to your straps and relax. Plastic lining and fold-over flap keep contents safe and dry. Order #141. $2.98 plus 20c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



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Clean windows are easily within r with SPRAY CLEAN. This ingenious vice attaches to a water hose and lets wash and rinse outside windows, thro screens, from the safety of ground l No ladder needed! SPRAY CLEAN cleans cars, boats, trailers, and woo metal siding. . .and fast! Send order check or money order, postage paid.

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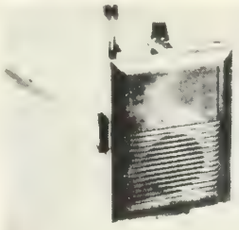
MINIATURE TWIRLER

Replica of piano stool in miniature stands 5¾" high and is in a fruitwood finish. It can be used as a holder for potted plants or a small bouquet. A delightful seat for a charming doll, too. $4.50 ppd. Miles Kimball Co., 100 Bond St., Oshkosh, WI 54901.



HOME-GUARD UNIT

Double-duty® Alert: siren wails if door is opened by intruder; sensor sounds alarm if heat in room reaches 135° F. Battery-powered. (Battery incl.) Or can be permanently installed (instructions included). $9.95 ppd. Regal Gifts, Dept. E9, 227 Fairfield St., New Haven, CT 06515.



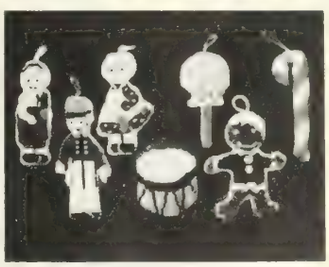
TWISTY KEY RING

Gold-finished aircraft cable key ring holds 25 keys and can withstand a pull of 150 pounds. No links to loosen, no chain to break. Its intriguing twist-lock opens easily, stays closed otherwise. $1.69 plus 20c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



NEEDLEPOINT ORNAMENTS

Soldier, lollipop, candy cane, drum, Raggedy Ann and Andy and gingerbread boy—complete kits with canvas, Persian Paterna wool, needle, chart and instructions. 3½" to 5". $2.25 each. Any six, $11.95. Add 50c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



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Personalized

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This sign is an exclusive of

The STAGE STOP

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Take treasured snapshots out of hiding. Display them in this revolving photo file! No gluing! No mounting! Simply slip photos up to 3½" x 5½" into the protective transparent windows suspended on the sturdy wooden base. Envelopes for 160 pictures are included. **$14.95 plus 95c postage.** Deluxe model (not shown) has round wooden base, 2" wooden turning knobs, Plexiglas frame, envelopes for 240 pictures. **$19.95 plus 95c postage.** Both models will hold up to 600 photos. Envelopes for each additional 32 photos are $1.25.

FERRY HOUSE Dept. G-975

Briarcliff Manor, N.Y. 10510

This condiment set from International Silver is a great value at $13. At this price, it's practically a giveaway!



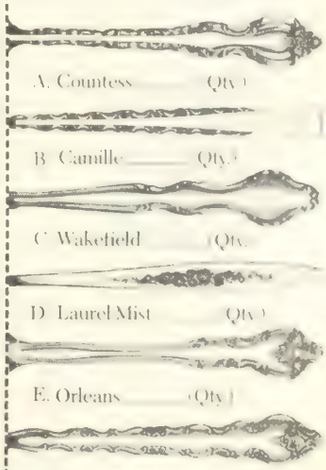
An International DeepSilver silverplated spoon in the pattern of your choice. And a Fostoria lead crystal jar with fitted silverplated top. A beautiful way to serve cinnamon sugar, preserves, grated cheese, chutney or what-have-you.

When available in stores, the set will cost $13. But we're offering it, exclusively by mail, for just $6. Because we think once you've lived with a little DeepSilver you won't want to live without more of it.

And you can get more, in place settings or complete services, at your favorite fine store. **Limited quantity, so order now.**

International DeepSilver®

1975 International 210



Fill in and mail this coupon to:

Fosdick Corporation/Condiment
Dept. CS10, Box 200, Meriden, Ct. 06450

Please send me _____ condiment sets in patterns and quantity I have indicated. I enclose my check or M.O. for $ _____
($6.00 plus 50c postage and handling for each set ordered. Total: $6.50.)
(Connecticut residents add sales tax.)

Please send me the new American Archives full color Fall/Winter catalog. I enclose 50c for postage and handling.

Name _____

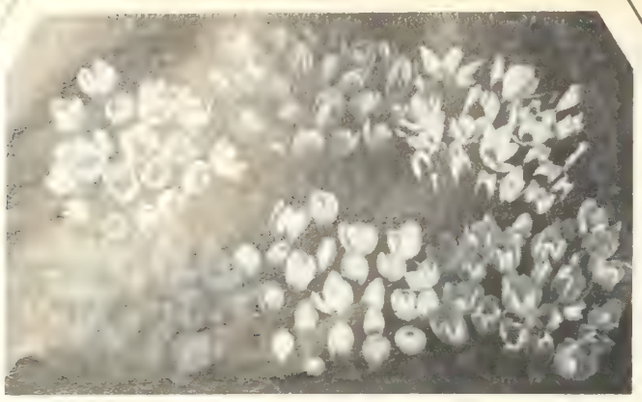
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City _____

State _____ Zip _____

Offer good in U.S.A. (except where prohibited or prohibited by law. Allow 2[illegible]) expires July 31, 1976. International DeepSilver is a product of International Silver Co. Fosdick Corp., 141 Charles St., Meriden, Ct.

SHOPPING AROUND FOR FALL BULBS AND INDOOR GARDENS



SPECIAL CROCUS GARDEN

Your first sign of spring comes when these tiny, jewel-like crocus chrysanthus bloom. Once established, they appear season after season and long before anything else. This special garden brings you 12 each of six varieties. There is the dainty white, Snowbunting; a violet-blue with vertical stripes, E. P. Bowles, a delicate combination of purple-violet and gray in Barr's Purple and Canary Bird in tones of orange, yellow and bronze. Bluebird has a dolphin-blue exterior with a lighter contrasting interior and the charming Advance is light purple, white and amber yellow. 72 bulbs (5 cm.) — all for only $5.65. Order today for fall planting. Use order form at lower right. **#946**



SPECIAL DAFFODIL GARDEN

The variety in color and shape of these six daffodils will highlight your garden next spring and for many springs thereafter. You get five bulbs each of Yellow Cheerfulness, a bunch flowered with a bright orange-red center; Insurpassable, a familiar favorite with a big yellow trumpet; Ice Follies, a large white with a creamy crown and Music Hall, a white with yellow trumpet bi-color. This special garden has a special price of 30 bulbs (DNIII) for only $9.65. Order today on form at lower right. **#950**



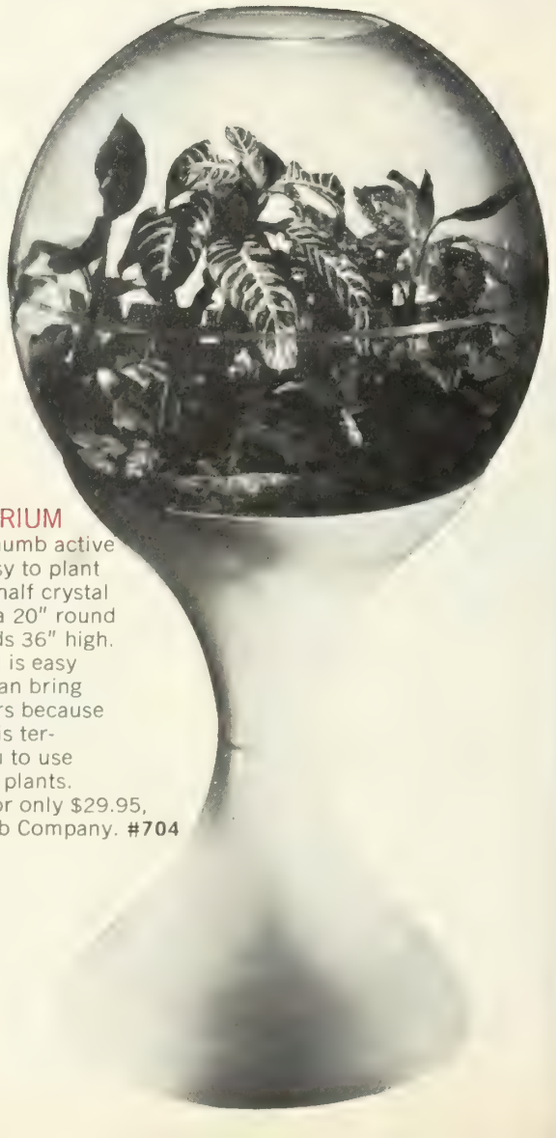
SPECIAL HYACINTH GARDEN

Fragrant Dutch Hyacinths have the largest blooms of all spring blooming bulbs. This collection of six old favorites will give you dependable blooms season after season. You get five bulbs (14/15 cm.) each of the brilliant red Jan Bos, the delicate pastel Pink Pearl, the clear sunshine yellow City of Haarlem, the rich royal blue Ostara and the powder light blue Myosotis and the dazzling white Carnegie. 30 bulbs in all add new depth to your spring garden for only $12.45. Check the order form at right and mail today. **#951**



TRAILING IVY GERANIUM

Complete with Hanging Basket. Truly a showpiece that transforms porch, patio or window into a greenhouse of floral beauty with the abundance of startling bright pink flowers on long trailing vines glistening with foliage. Move indoors and they continue blooming...even in winter! These healthy extra-double young geraniums are already growing in 2" pots. Complete with 8" hanging basket. Don't miss this big value. Each only $2.50, two for $4.75, from Michigan Bulb Company. **#507**



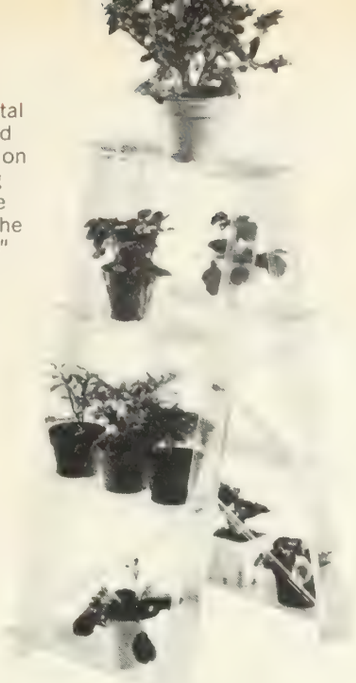
MODERN TERRARIUM

Keep your green thumb active all year 'round. Easy to plant terrarium has two half crystal bowls which form a 20" round diameter and stands 36" high. White plastic stand is easy to assemble. You can bring your garden indoors because the large size of this terrarium enables you to use regular size potted plants. Order yours now for only $29.95, from Michigan Bulb Company. **#704**

Michigan Bulb Company Dept. ME-1478
1950 Waldorf N.W., Grand Rapids, MI 49550

LADDER PLANT STAND

This attractive 39" tall crystal clear plastic ladder can hold up to 30 plants, depending on size of pots. A space saving way to display your favorite plants. Easy to assemble. The top shelf is 5¾" wide by 16" long. Step shelves are 4½" wide. Fits any decor. Order now at only $19.95, from Michigan Bulb Co. **#706**



SPECIAL TULIP GARDEN

Add flair to your garden next spring with these six Darwin Tulips. Imported from Holland these 10-11 cm. bulbs are guaranteed to bloom next spring and for many seasons thereafter. You get five each of Queen of the Night, a deep midnight blue; Golden Melody, a brilliant yellow; Pink Supreme, a pink-white pastel blend; Red Supreme, a deep lush crimson; Duke of Wellington, an alabaster white; and Blue Ice, its name fits its description. You get 30 bulbs in all for only $5.25, from Michigan Bulb Company. **#967**



ETCH-O-CRYSTAL PLANT STAND

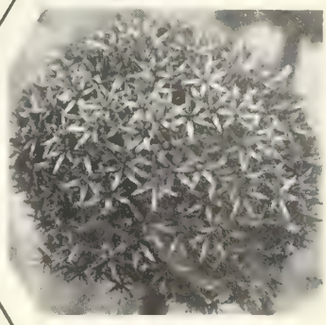
This plant display has a real decorator touch which can be used two ways, as a wall hanging or a floor stand for displaying four plants in style. 22" in diameter and 12" deep. These shelves will hold a 6 inch pot easily. Order now to display your favorite indoor plants for all your friends to enjoy. Only $13.95, from Michigan Bulb Company. **#705**



DUTCH IRIS MIXTURE

Plant this fall for gorgeous orchid-like blooms in a beautiful mix of blues, whites, yellows. Great for flower arrangements. Garden size bulbs (6 cm.) are 2½" in circumference. Save big money by mailing order today. 20 bulbs for only $1.98. **#131**





GIANT ALLIUM

Planted this fall these imported Holland 10 cm. bulbs grow into huge 8-12 inch silvery-purple flower heads next spring. These 2 foot beauties are a garden rarity. 3 bulbs for only $1.98. Order yours today. **#132**

CROWN IMPERIAL

Known as the "Lily of Lilies" the Crown Imperial (Fritillaria Imperialis Rubra) is one of the most decorative of all bulbs. Sure to draw admiring and wondering comments when seen in your garden next spring. Imported from Holland this 18-20 cm. bulb can be yours for only $2.75 each. Order yours today. **#935**





MADONNA LILY

No other lily gives you so much garden pleasure as the famous Madonna Lily. Planted this fall you will enjoy a generous mass of pure white flowers next spring. A big 8-10 inch circumference bulb from the Chateau de Narce strain can be yours for only $1.45 each. Check order form and mail today. **#968**

ORDER FORM

MICHIGAN BULB CO. Dept. ME-1478
Grand Rapids, MI 49550

Please send me the items checked below. I understand that if I am not satisfied on arrival I may return within 10 days for purchase price refund. Any fall planted item not blooming, replacement is free (5 yr. limit)

No of Orders	Cat. No.	Item	Cost
	946	Special Crocus Garden	
	950	Special Daffodil Garden	
	951	Special Hyacinth Garden	
	507	Trailing Ivy Geranium	
	704	Modern Terrarium	
	706	Ladder Plant Stand	
	967	Special Tulip Garden	
	705	Etch-O-Crystal Plant Stand	
	131	Dutch Iris Mixture	
	132	Giant Alliums	
	935	Crown Imperial	
	968	Maddona Lily	
		TOTAL	
		Add 90¢ for postage and handling	.90
		GRAND TOTAL	

NAME _____

ADDRESS _____

CITY _____



MUSCLE TONER

A wonderful exercising aid made of firm resilient rubber with space for each finger, designed to strengthen hand and arm muscles. Also recommended by doctors for relief from arthritic pain, aches and stiffness.

HAND EXERCISER ..... **$2.98 Each + 20¢ Mailing Each**

California Residents add 6% Sales Tax

Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-95
585 Market St., San Francisco, Calif. 94105

Authentic M.I. Hummel

by W. Goebel W. Germany



right side Anniversary Plate. Each new version of this plate is offered every five years. The 1975 "MI Hummel" plate "Stormy Weather" hand painted in BAS relief by W Goebel artists. 10" diameter $100.00 ppd.

Ride into Christmas Plate 7½" diameter $50.00 pd.



Plates of previous years available. Hummel brochure and list 95¢ Gift Catalog $1.00 Satisfaction Guaranteed

Hildegarde's Dept. HG-45

597 Farmington Avenue, Hartford, Conn. 06105

A First



BICENTENNIAL THIMBLES

Top to bottom:

American Eagle in hand cast pewter. #3160. $5.95 ppd



Betsy Ross. Enamel overlay on Sterling Silver. #3403. $15.95 ppd.



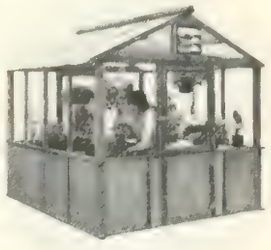
Liberty Bell. Magnificent replica in Sterling Silver. #3407. $14.50 ppd



Molly Pitcher. Minted in hallmarked Sterling Silver. #3406. $27.50 ppd.

N.Y. Res. add sales tax!
Thimble Catalog 50c
Homesewing Catalog 25c

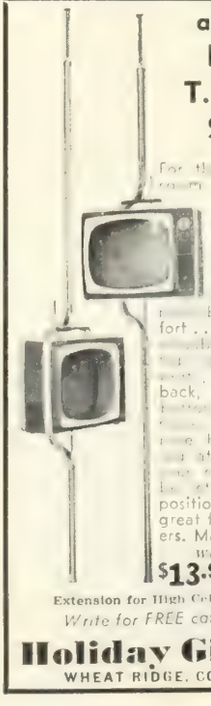
The Sewing Corner
Dept. HG95, Whitestone, N.Y. 11357



Top-of-the-line greenhouses with quality you can lean on! Substantially better designs and materials. Quality pacesetters for 22 years with complete environment control, no hidden costs, A Grade Redwood, Uniform Building Code Conformance, one year replacement guarantee, automatic ventilators as standard equipment, and free delivery. Send for a free color brochure.

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Scotts Valley, CA 95066 (408) 438-0515



adjustable Hi-Low T.V. POLE STAND

For the bedroom, living room, kitchen, family room, ... smart new T.V. Pole ... your portable at the level and ... fort ... without taking up ... back, up to 17" top to ... position. Hi position is great for reclining watchers. Made in USA.

We ship in 24 hrs.

$13.95 plus 1.00 post

Extension for High Ceiling, add $2.00

Write for FREE catalog of gifts.

Holiday Gifts Dept. 309-A
WHEAT RIDGE, COLORADO 80033



BRIGHTEN YOUR CHRISTMAS SEASON

with these colorful stuffed figures. Use them for tree ornaments, mobiles, gifts, party favors, bazaars. Kits include printed felt, decorating materials, and step-by-step instructions. Figures are 4" to 8" high.

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No. 702—Cat & Poodle
No. 703—Three Owls
No. 711—Clown & Elephant
No. 712—Two Angels
No. 721—Snow Man & Lady
No. 722—Two Soldiers
} $2.75 each

No. 741—Three Wise Men $3.75

Please add 30c for mailing and handling. Wisconsin residents please add 4% sales tax.

Send order with check or money order to

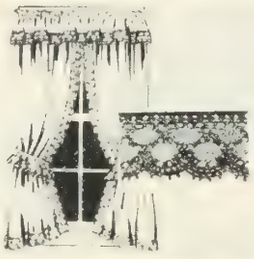
The Spangle P.O. Box 384 Neenah, Wisconsin 54956

SHOPPING AROUND



LAS VEGAS

Hardwood frame, legs finished in fruitwood distressed. 30½" h. by 25½" w. Nylon, herculon, naugahyde—or mix two. Hooded rubber casters. $76; four at $68. Exp. coll. Catalogue and free-swatches requisition $2. Hunt Galleries, HG759, Box 2324, Hickory, NC 28601.



TWO INCH IRISH CLUNY

Lace border on no-iron muslin-like polyester/cotton. Natural or white. 80" w. to pair. 24", 30", 36" long $12; 45", 54", 63" $14; 72", 81", 90" $17; 11" by 72" valance $4.50; tiebacks pr. $2. Post. $1.50. Colonial Maid Curtains, HG9, Lawn Terr., Mamaroneck, NY 10543.



STILL OF THE NIGHT

Blissful quiet maintains when the anti-snore mask goes on. The mask with adjustable plastic bands breaks the snoring habit. It re-educates jaw muscles. Washable nylon. $4.98 plus 30c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



SUTTON DESK LAMP

Replica of 1810 candlestick in sanded hardwood. Shade: white or beige shantung; natural or oyster burlap. 20" tall. 3-way switch. 8' cord. $14 plus $2 post. ($2.75 W. of Rockies). Color catalogue free. Baxwood Crafters, Dept. PHG-59, Box 7012, Lexington, KY 40502.



LIQUID SILVER

Derived from the great tradition of the Indians, necklaces of sterling silver; 24" L. Some have turquoise stones. Five strand, $39; with turquoise, $59; three strand, $24; with gems, $38; ten strand, $69; with gems, $98. ppd. Colby's HG95, 49 Mt. Rainier Dr., San Rafael, CA 94903.

CLOCK WATCHING

Fun when rhinestones glitter, tail wags, emerald eyes rove. Kit kat has self-starting synchronous motor, quiet nylon gears, black plastic case. 5½′ cord, hanging hook. 4″ by 15¼″. $18.98 plus $1.50 post. Lillian Vernon, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



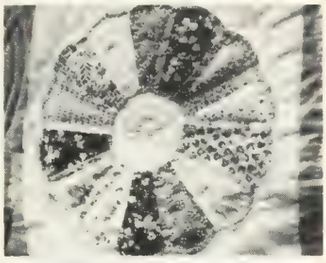
REAL CUT-UP

If you love snipping recipes, coupons, ads and *Shopping Around*, clipit paper cutter speeds the job. Neater and safer than scissors. Order now for your school children. $1.29 plus 20c post. from Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



HEIRLOOM QUILTS

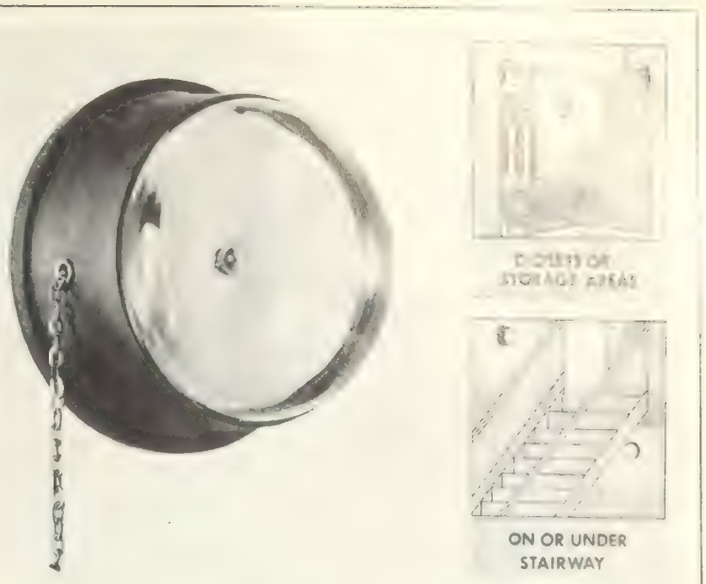
A precious collection of delicately hand-stitched quilts patched, embroidered or appliqued by Mennonite craftswomen dedicated to quality. Send 50c for packet of full color quilt illustrations, prices ranging from $150 to $300. The Quiltery, HG9, Box 280, RD 1, Barto, PA 19504.



HELPFUL NOTES

Phone holder plays "Happy Days Are Here Again," assures party waiting at other end that line is connected. Magic memo slate included for your written-note quickies. $5.98 plus 50c post. Llewellyn Variety House, HG9, 1521 Gumbar St., Marion Oaks, Ocala, FL 32670.





CLOSET LIGHT

A practical solution for adding that extra lighting for out-of-the-way places in your home without having to pay for costly wiring. Ideal for closets, on or under stairways or storage areas. Attaches easily to wall or ceiling. Operates on standard batteries (not included).

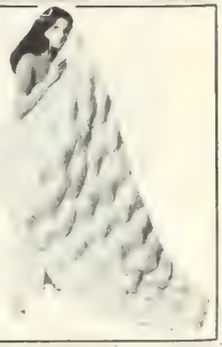
CLOSET LIGHT ..... **$4.98 + 55¢ Mailing Each**

No COD's or Billing *California Residents add 6% Sales Tax*

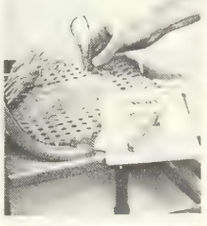
Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-95
585 Market St., San Francisco, Calif. 94105

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WORLDWIDE BEDDING SHOP
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CHAIR CANING KITS

Now anyone can restore his favorite antique and heirloom chairs easily and inexpensively with a Newell Caning Kit: tools, natural cane, and easy-to-follow instructions, all postpaid for only $4.00; extra cane $2.00 per chairlot. (Illinois residents add 5% sales tax)



Available only from
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ADJUSTABLE LAP DESK

For comfortable reading, eating or writing in easy chair or bed, this unique scientifically designed stand tilts, raises and stays at any angle automatically. Fits between the arms of a chair for a handy on-the-lap table. Can be raised to a full height of 17″ for use as a portable lectern, keeping notes and speeches at an easy to read angle. Roomy 11″ x 20″ walnut finish top, satin gold finished legs. Folds flat for easy storing and carrying. Only $16.95 each; 2 for $32.95 plus $1.50 each for postage and handling. (Illinois residents add 5% Sales Tax). Send order to:

THE SKORE CO., Dept. HG9
Box 444, 4705 Bobolink, Skokie, Ill. 60076



HORSE GROOMING APRON

"Happiness is owning a horse"—and convenience is owning our special grooming apron! Made of sturdy, natural colored canvas, with slogan and horse's head printed in blue, apron has big front pockets to hold all your grooming aids and stout back ties. Generously protective, it's 29¾″ long, 29″ wide—a must for any horse owner.

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Guaranteed to grow!

The life-juices of the Beauty Plant have been used as a skin moistener and beautifier since the first Pharaoh of Egypt. It was said to be the Secret of Cleopatra's Beauty. It is the secret ingredient of many lotions today!

You can actually use the Beauty Plant to sooth burns and sun burn. Just break off a leaf and rub the clear life juices on your burn. It feels so good! Keep your Beauty Plant in the kitchen for Natural first-aid.

It grows from a small rosette. It's easy. All you do is put it in a pot — water it once a week and watch it grow . . . up to two feet tall. The bigger the pot, the bigger it gets. Comes with easy instructions. It blossoms with spikes of large red flowers that last and last.

It makes a beautiful gift. Send Beauty to a friend. Guaranteed to Grow!



$2.00 3 for $5.00

Please add twenty-five cents for postage and handling. P.O. Box [illegible]



WATER THIRSTY PLANTS WHILE ON A TRIP

Planning a trip but worried about your thirsty plants? Amazing wicks feed just right amount of water up to 8 weeks. Can be used all year around with all plants. Will not rot or mildew.

SET OF 4 PLANT NURSEMAIDS . . . $2.98 + 20¢ Mailing Each Set.
SET OF 2 EXTRA LONG PLANT NURSEMAIDS FOR LARGE PLANTS . . . . . $2.98 + 20¢ Mailing Each Set.

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Satisfaction Guaranteed Or Your Money Back

Anthony Enterprises Dept. HG-95 585 Market St., San Francisco, Calif. 94105



"Essex"

#6059 From our **COLONIAL** group. **EYELET BATISTE.** White on white. **PERMANENT PRESS.** Bedspread twin: **$75.00;** full **$84.00;** queen **$110.00;** king **$126.00.** Canopy twin or full **$43.00;** queen or king **$83.00;** pillow sham **$15.00;** Coverlet dust ruffle vanity skirt available. Tier curtains 30" lg. **$17.00,** 36" lg **$18.00.** Ruffled tie back curtains and flat canopy made to order. Catalog 95¢ Swatch 35¢ Lovely as can be, will last for many years Satisfaction Guaranteed.

Hildegarde's HG. 597
Farmington Ave., Hartford, Conn. 06105



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A collection of marvelous South Western **Indian designs** in black and deep brown decoration on white ceramic plates & mugs with a look of stoneware. Four different interesting designs in a set. Plates are 8½" diam., matching mugs are 3½" high.

Set of 4 plates, #4146, ... $9.95 + $1.50 postage
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Elizabeth Mc Caffrey
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Northport, New York 11768

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Do you have a closet full of shoes you can't wear?

Make those uncomfortable shoes comfortable! Our amazing new material cushions and lifts you off sensitive sore spots, while it molds itself to the exact shape of your feet! May be transferred from one pair to another. Money-back guarantee.

Makes walking a pleasure again

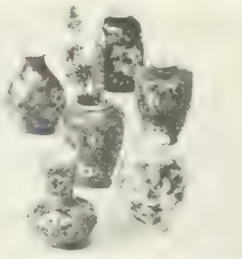
CHARNEY'S PENTHOUSE 225 E. 63 St. N.Y.C. 10021

Just $9.95 ppd.



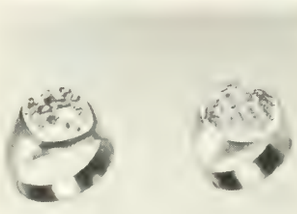
LIBRARY AIDE

Handsome chair-ladder of solid maple was inspired by an English period piece. Comfortable for reading, sturdy for reaching books or other shelves. Easily converts into a ladder. 36" h. x 16¾" w. x 23" d. Cherry finish $63.95. Ppd. Yield House, G59Z, No. Conway, NH 03860.



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Miniature porcelain vases rich in color and delicately adorned with graceful floral designs, are true collector's prizes. Imported from Japan to brighten any home. About 2½" high. Set of 3, $3.98; 6, $6.50. Add 50c postage. Lilly's Garden, G9E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



FAMILY CREST RING

Send coat-of-arms or name for research. Hand engraved. Sterling silver $65. In 14k gold $195. Engraved on precious stones, 14k gold setting. Choose synthetic ruby or sapphire, agate, topaz, lapis lazuli, $285. Ppd. Free catalogue. Heraldica Imports, HG9, 21 W. 46th St., NY 10036.



BUTTERFLY PALMS

Lush tropical trees thrive in sun or shade. Ideal for patio or garden, winter indoors. Two ft. tall, can grow to six ft. Green. (3 in a pot.) Three $3.95 plus 50¢ post. Six $6; nine $8. Add $1 post. Write to Palm Nursery Sales, HGE, Box 383, Westport, CT 06880.



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Deposit new silver on copper, brass or bronze where original plating has worn away. Silver Plus polishes sterling but it does not deposit new silver on sterling pieces. 4 oz. bottle. $4.98 plus 45c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



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Go Anywhere, Sit Any Place

New patented "**Dri-Guard**" has abundant absorbent material where most needed! Launderable or disposable liners enclosed in vinyl holder prevent escape of any moisture. Use 2 liners at once for full night's sleep without change. Guaranteed effective for both men & women or money-back.

ORDER BY WAIST SIZE!
Complete with launderable liner, $6.95 ppd.
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DRI-GUARD, Dept. 378
1524 E. Edinger, Santa Ana, Calif. 92705
(Sold by Mail since 1965)



HANDCRAFTED CORNSHUCK FLOWERS

Handcrafted cornshuck flowers from Appalachia catch the quiet beauty of delicate dogwood. Each flower is firmly attached to a flexible stem for ease in creating a variety of arrangements. Available in two sizes for full bouquet or a nosegay.

Five flowers per branch **$11.00**/dozen*
Three flowers per branch **$6.00**/dozen*
*Includes postage and handling. Vase not included.
Kentucky residents add 5% sales tax

Send check or money order to:

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Dept. HG-CS, Box 276, Booneville, KY 41314
Appalachian Craft catalog—$1.00
An Appalachian Save the Children Federation self-help project.

DRUMMER BOY



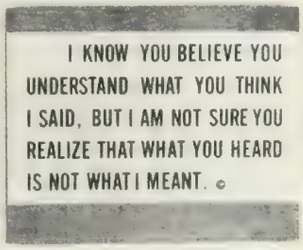
Hand-painted gold edge along cobalt blue border. Center of Lihs Linder 7½" bicentennial plate features famous boy in lively colors. Boxed. Limited numbered (3500) first edition. $45 ppd. Edd, The Florist, Inc., HG9, 823 North Court, Ottumwa, IA 52501.

ARM COMFORT



People who suffer from arthritis or rheumatism find comfort in this pillow. Slightly arched to support shoulder and flex joints while supporting elbows, wrists, fingers. Adjustable. $3.39; two, $6.69; washable zipper covers, $2.29 each. Ppd. Better Sleep, HG9, New Providence, NJ 07974.

ATTENTION!



"I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant." Black letters on golden plate in pine-finish plaque. 4" by 5". $2.98 plus 25c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.

CUSTOM NEEDLEPOINT

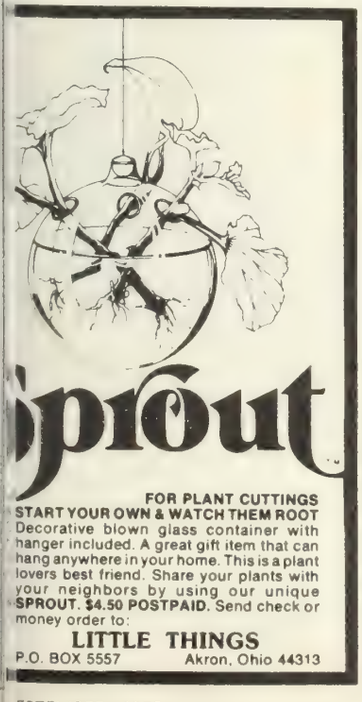


Send any clear photo or slide. Colors are marked on 10-mesh canvas for your yarn. House, landscape, boat, car or loved one's portrait (returned). 12" by 16". $15 plus 50c post. Ask about other sizes and double-mesh. World Arts, HG9, Box 577, Wilmington, CA 90748.

SEWING SET

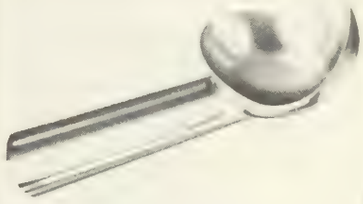


Dainty white china teapot with gold trim and colorful floral holds a lace-edged red cover. It's a pincushion, and spout holds a matching china thimble. Pretty to sew by. The cushion is about 2" tall. $1.79 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.



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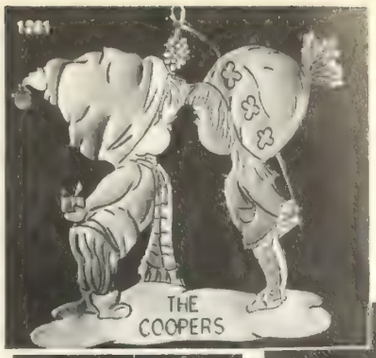


SUPER SCOOPER

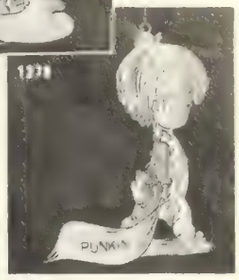
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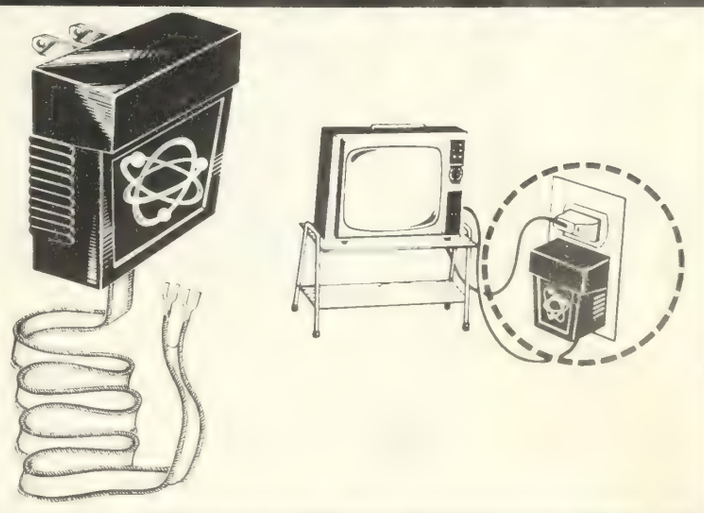
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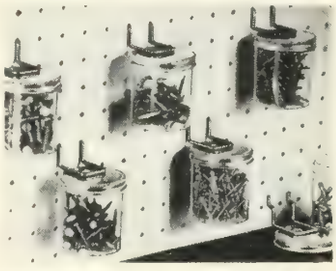
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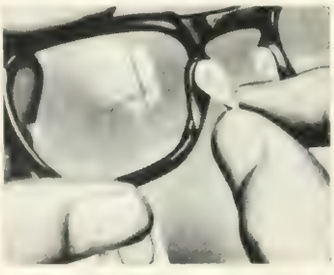
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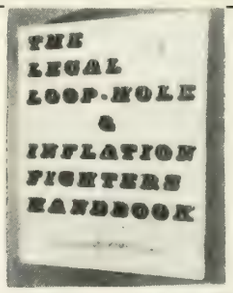
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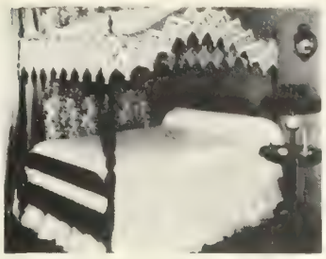


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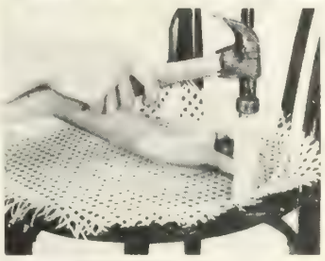
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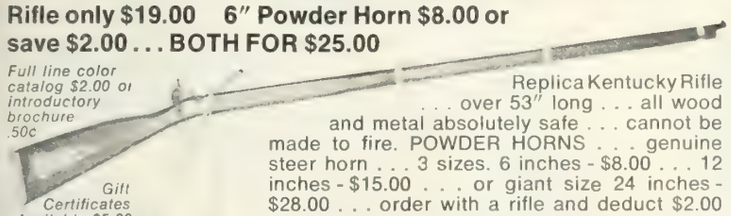
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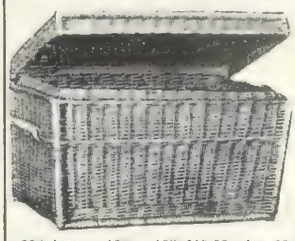
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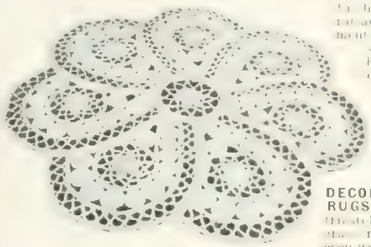
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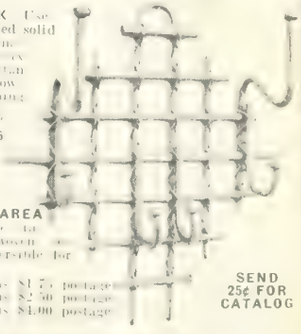
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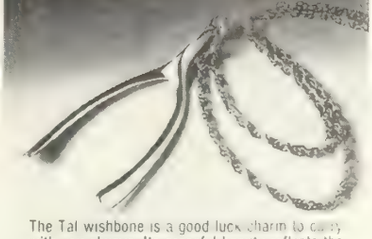
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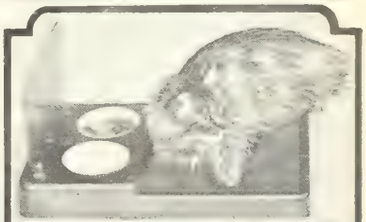


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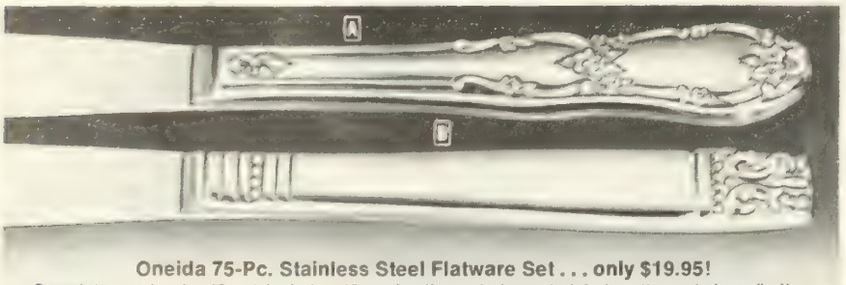
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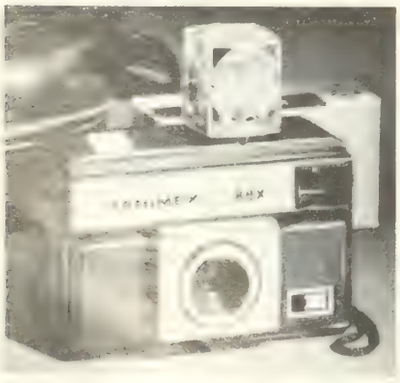


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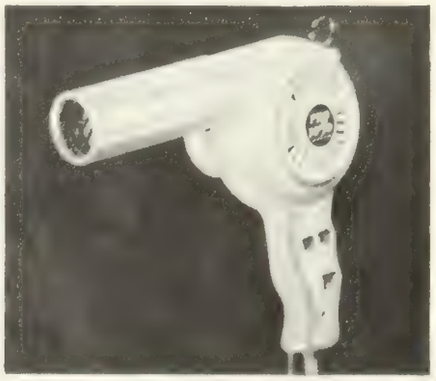


Oneida 75-Pc. Stainless Steel Flatware Set . . . only $19.95!
Complete service-for-12 set includes 12 each: dinner forks, salad forks, dinner knives (hollow handles for better balance), and soup spoons. Plus 24 teaspoons and 3 serving spoons. Won't corrode, rust or stain under normal use. Choose the traditional or the modern pattern.

(A) Traditional Pattern: State Number 38 MG 348. You Pay Only $19.95 plus $2 postage.
(B) Modern Pattern: State Number 38 MG 349. You Pay Only $19.95 plus $2 postage.



Hanimex Camera Outfit . . . $8.99!
Shoots black/white or color photos. Uses Magicubes (no batteries) and drop-in 126 film cartridges. No settings needed. Includes: camera, case, wrist strap, flashgun.
State Catalog Number 32 MG 7125.
You Pay Only $8.99 plus $1 postage.



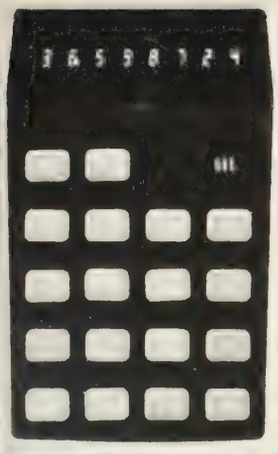
1050 Watt Hair Dryer . . . only $9.99!
Professional style hand-held dryer is fast, thorough. Four heat settings adjust from cool to very hot; 80 watts to 1050 watts. Convenient hang up ring. Great gift idea!
State Catalog Number 50 MG 8969.
You Pay Only $9.99 plus $1.50 postage.



Plush Tufted Spread . . . low as $9.88!
Sells for $16.99 to $24.99 in our Big Fall Catalog but now you can get this colonial style bedspread at an old fashioned low price! Dimensional American Eagle design is formed by soft White polyester tufting over richly colored cotton sheeting. Borders are trimmed with cotton fringe. Machine wash, no ironing needed. State color choice on order: Red/White, Blue/White or Gold/White.

Twin: 78x105-in. State M78 MG 3850. You Pay Only $9.88 plus $1.50 postage.
Full: 95x105-in. State M78 MG 3851. You Pay Only $11.88 plus $1.50 postage.
Queen: 100x118-in. State M78 MG 3852. You Pay Only $14.88 plus $1.50 postage.

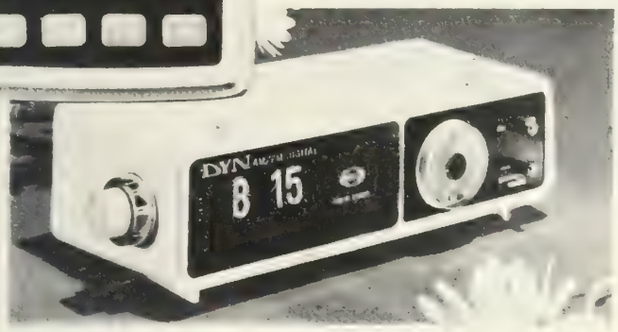
8-Digit Calculator . . . only $9.99!



Adds, subtracts, multiplies, divides; does chain and mixed calculations, has percent key, too! Automatic constant, floating decimal, true credit balance. 9 volt battery included. Approximate size: 2½ x 4½-in. high. Order with or without AC adapter.
Calculator Only: State 35 MG 9845.
You Pay Only $9.99 plus $1 postage.
With Adapter: State 35 MG 9767.
You Pay $13.99 plus $1.50 postage.

Digital Clock Radio . . . $18.88!

With this Dyn solid state AM/FM clock radio you can wake up to music instead of a jarring alarm. Has easy-to-read lighted digital leaf clock, slide volume control. Top mounted 2¼-in. speaker. Measures: 10¼ x 4½ x 3¼-in. high. Color: White base with Black face.
State Catalog Number 41 MG 4502.
You Pay $18.88 plus $1.50 postage.



2-Pc. Nylon Quilted Robe and Gown Set . . . low as $10.88!

Sells for $12.88 and $14.88 in our Big Fall Catalog. Quilted robe is 100% nylon tricot backed with acetate and filled with polyester. Button front closing, one side seam pocket, lacy collar. Nylon gown has elasticized empire waist with bow trim. Front has lacy overlay but back is beautifully bare! Both are machine washable. State color: Purple, Bright Green or Powder Blue.

Bust Sizes: S (32), M (34-36), L (38-40).
State 75 MG 8070.
You Pay Only $10.88 plus $1 postage.

Larger Bust Sizes: X (42-44), XX (46-48).
State 75 MG 8071.
You Pay Only $12.88 plus $1 postage.



ALDENS



40-Pc. Glassware Set . . . only $12.88!

Personalize your next party with a beautiful set of sparkling crystal glassware. Each piece has your initial satin-etched onto glass in elegant Old English style. You get a complete service for 8 including 8 of each size: 4-oz. juice/cocktail glasses; 6-oz. juice/old fashioned glasses; 8-oz. sherbet/champagne glasses; 10-oz. beverage/highball glasses; 13-oz. iced tea/pilsner glasses. Carefully packed to prevent breakage and shipped from Moline, Illinois. Allow 14 days plus transit time for delivery. Specify only one initial per set. Great gift idea!
State Catalog Number 38 MG 414F.
You Pay Only $12.88 plus $3 postage.



Leather Patch Bag . . . only $8.88!

Sold for $12.99 in our Big Spring Catalog—now it costs much less! This hand-laced genuine leather bag looks great—double-handle shoulder styling feels great. Hand-crafted in tan patch design. Tricot bonded acetate lining. Top zipper. About 11x10-in.
State Catalog Number 52 MG 218.
You Pay Only $8.88 plus $1 postage.



L.E.D. Quartz Watch . . . only $66!

This handsome five function solid state timepiece gives you the exact hour, minute, second, month and date with just a touch of the button. Energy cells included. Gold color metal top, stainless steel back, adjustable bracelet. Terrific value! Dept.
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Send check or money order to cover item price plus postage charges. Do not send currency.

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ALDENS 2002

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EIGHT AROUND-THE-WORLD BEAUTIES AND A STUNNING NEW WOOD HOLDER!

NEW! At right, the Christmas thimble! Lillian Vernon design, American-crafted of gold-plated solid brass, hand enameled in red and white.
4435 **Christmas Thimble** $1.98

WALNUT SHADOWBOX HOLDER, ours alone! Highlights each thimble in its own niche. Lillian Vernon design, American-made of solid walnut with graceful molding, antiqued metal hanger. Richly stained.
4418 **Walnut Holder.** 3⅛x8⅛x1¼". $7.98

THIMBLES IN HOLDER. Left to right, top to bottom.
8000 **From West Germany.** The bride's thimble! Superb Sterling Silver with unique satiny-white sheen, richly antiqued wedding-swag border. $8.98
7967 **From Portugal.** Red enamel hearts pierced by Cupid's arrow. Heavy Silver-plated brass. $3.50
7627 **From Portugal.** Basilica of Our Lady of Fatima. Silver-plated metal, gold wash inside. $1.98
1020 **From West Germany.** Personalized, custom engraved in flowing script! Heavier, heftier solid Sterling Silver, topped by a radiant translucent stone. Ass't. color stones. PRINT initials. . .$7.98
7966 **From Holland.** Porcelain, ass't. posies. $1.98
7964 **From Mexico.** Inlaid border of iridescent abalone shell. Handmade solid Sterling Silver. $5.98
7965 **From Portugal.** Deeply antiqued floral border. Solid Sterling Silver, gold wash inside. $4.98

Add 35c post. & handling. N.Y. residents add taxes

LILLIAN VERNON
Dept. G98, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550

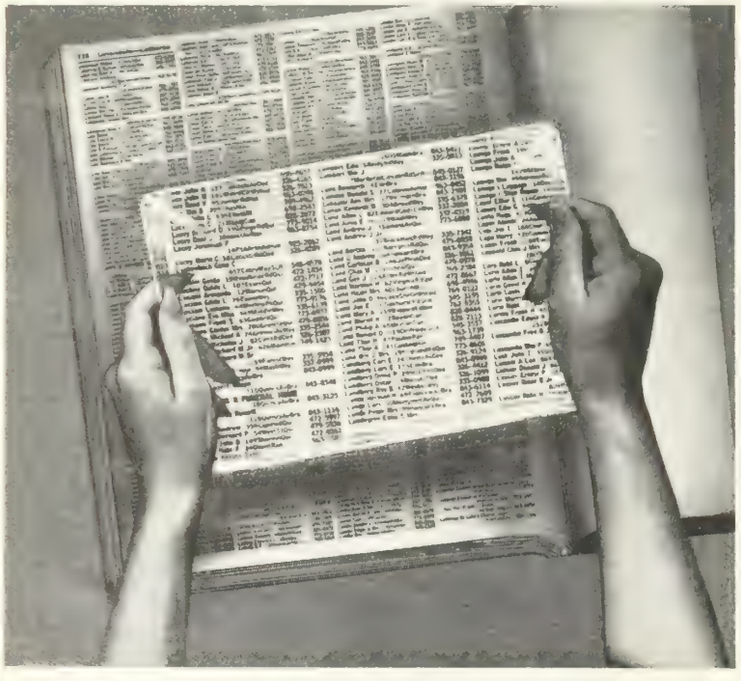


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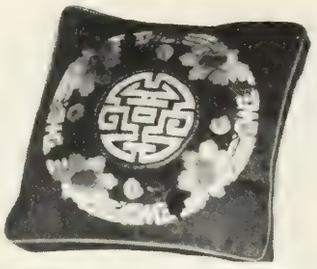
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CHINESE TO EMBROIDER

Classic design to do in crewel embroidery for a 14" by 14" box pillow cover. Kit includes design on bittersweet rayon and cotton fabric, crewel yarns in yellow, pristine white, green, piping, zipper, needle, directions. $7.95 plus 70c post. The Stitchery, HG9, Wellesley Hills, MA 02181.



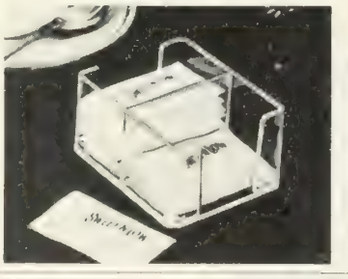
WORKING TRIO

Hand-painted paperweights with a porcelain look are handsome anywhere. Besides holding your papers, they uncap bottles by an opener in the base. About 4¾" h. Owl, quail or Canadian goose, each $14.95 ppd. Robert Durr Enterprises, HG9, Box 343, Morris Plains, NJ 07950.



MASSAGE SET

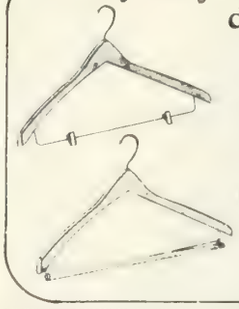
Trimmer belt and glove to use while taking a shower or just relaxing. Aids circulation and sore muscles. Made in Germany of Hostalen strip and Helanca nylon. Frizzi Masseur set in a plastic carrying bag $6.95 plus 50c post. Oni-Import, HG9, Box 306, Seal Beach, CA 90740.



SWEET'N HANDY

Clear acrylic open container holds sugar and non-sugar serving packets in high style on the dining table. Takes an ample supply. Divider separates the real from the artificial. Is 2¾" by 3⅜" by 1⅞". $1 ppd. Miles Kimball Co., 100 Bond St., Oshkosh, WI 54901.

Everybody needs Quality Hangers, but where do you buy them?



These hardwood hangers are walnut stained, and lacquer finished. The shoulders are contoured to fit the natural slope of today's clothing. Men's and women's (with skirt clips) are available in sets of ten to a box, all men's, all women's, or half and half. $14.95 ppd. Conn. residents add 7% sales tax.

country house
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$1.00

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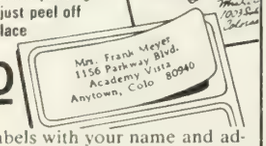
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It's easy and inexpensive when you subscribe to Anne Kaplan's "Designs For Gracious Dining." It's a complete guide to preparing an entire gourmet meal, from appetizer to dessert—for about half of what you would pay at a top restaurant.

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Pant boot in genuine glove leather has no-seam vamp, adjustable strap, ribbed sole, 1" heel, brown, navy, white, black, bone, red, tan; black or brown suede. 6-10½ in AAA, AA; 5-10½ in A, B, C. $19 plus $1 post. Old Pueblo Traders, H9F, 600 So. Country Club, Tucson, AZ 85716.



GROOM THE BATH

No need to have ugly cracks and openings around tub, sink or basin. Seal them up with self-sticking tape. Merely press tape on clean, dry surface. 11 foot roll, $2.98 plus 45c postage. Order from Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



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Perky pewter apple pendant is rosily enameled in red. It has a pert little stem and leaves of pewter; 24" silverplate chain. A bright note for all favorite outfits. Boxed. $12.95 ppd. Legacy Sterling Club, HG9, 92 Rockdale Ave., New Bedford, MA 02740.



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New repellent doesn't do harm to pesky rodents; it just has a distinctive odor that keeps them away—it does not hurt birds at the feeder or bulbs in the ground. 15 oz. package, $3.49; three, $9.95. Add 50c post. each box. $1 for 3. World Garden Products, 9HGE, Saugatuck, CT 06880.



AH, GO HANG! your plants with HANGING GARDEN CRADLES

The most exciting innovation in hanging plant holders since macrame. Hanging Garden Cradles are light-weight, yet extremely strong, because each leatherette holder is reinforced with a cloth backing material. Natural color complements any color scheme and leather hanging straps add warmth and character. Three sizes accommodate 3" to 9" pots.

Hanging Cradle for		
3 - 4" pot	$1.95 each ppd.	(Calif. Res. add 6% tax)
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ALL THREE SIZES	5.95 each ppd.	

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39x76 twin $28; or 54x76 full bed size $30; 54x76 full size, dual control $36: 60x80 queen size with dual $42; 78x84 king size with dual $44—all postpaid. Enclose check or M. O. only—Mich. residents add 4% sales tax.

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The largest table is 14" h. x 14" square and strong enough to sit upon. **$16.95** + $1.50 postage. The set of 2, larger size 10½" h. x 10½" square, smaller 8½" h. x 8½" square. **$18.95** for the set + $1.50 postage.

SPECIAL: Nest of all 3, one each size, **$37.50** postpaid. #4150

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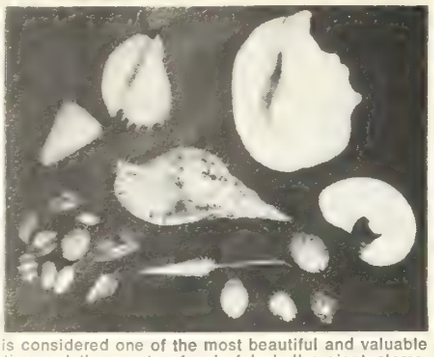
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BERTA HUMMEL 1975 Christmas Plate

Fifth of a limited edition series from original paintings by Sister Berta shows a "Christmas Child" in familiar Hummel colors, signature. 8" porcelain plate, with hanger, is from W. Germany. © Schmid

10181 1975 Christmas Child $25.00
9345 1974 Guardian Angel $18.50
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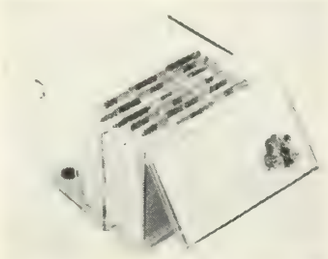
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Wood and metal products handmade with finest materials, workmanship; lamp/mail/sign posts, beams; mail boxes, signs, bird feeders, shutters; painted plaques, lamps. Brass lanterns, brackets, switchplates. Catalogue, $1. Herma, HG9, Kneeland Flats, Waterbury, VT 05676.



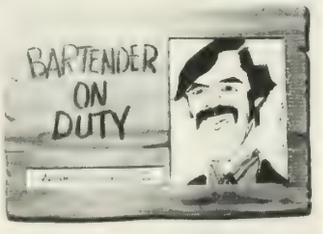
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Keeps favorite ones always at your fingertips, ready for big dinner or small brunch. Lucite box protects from stains, and clear viewer holds card at an easy-to-read angle. 5½" by 4½" by 5". $9.98 ppd. Creative Enterprises, HG9R, 1732 Butler Ave., Los Angeles, CA 90025.



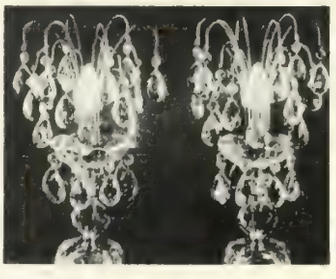
SEASHELLS ALFRESCO

Imagine a tempting salad and drink served at a table overlooking the blue sea. Salad plates and mugs are white porcelain with sea green or brown shell motif. Set of 4 mugs, $16; 4, 7½" plates, $16 plus $2.25 post. each set. Elizabeth McCaffrey, HG9, Northport, NY 11768.



BARTENDER IDENTITY

The house bartender caricatured from a photo you send to Bruce Bolind with hair and eye color and your favorite mixologist's name for a 12" by 16" plaque and 6" by 8" caricature. Print name; picture returned with the plaque. $15 ppd. Bruce Bolind, HG9, Boulder, CO 80302.



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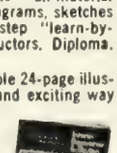
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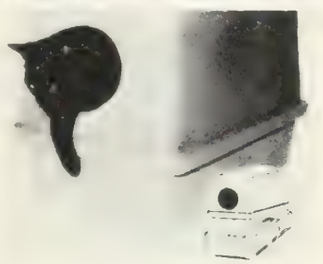
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Handy little comb strokes out mats, pills and balls from napped fabrics in seconds. Use it on sweaters, shawls, any knit. May be used on fabrics of man-made fibers. $1.98 plus 20c post. Order D-Fuzz-It from Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



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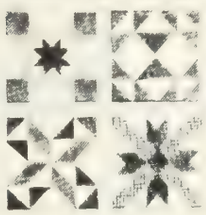
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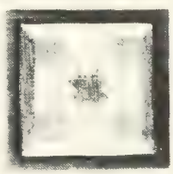
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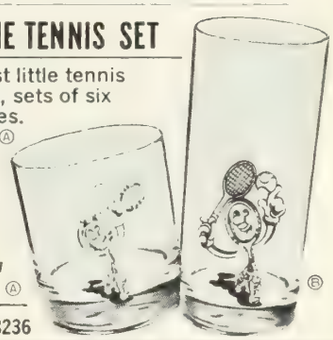
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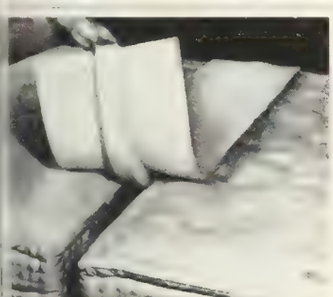


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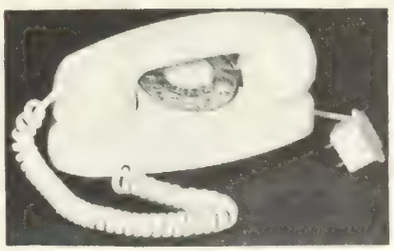
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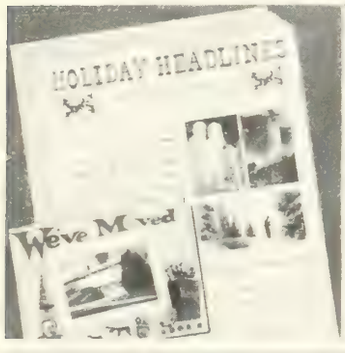
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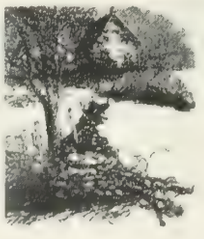
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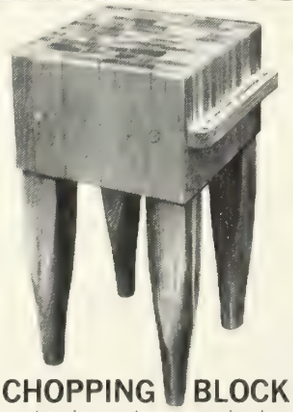
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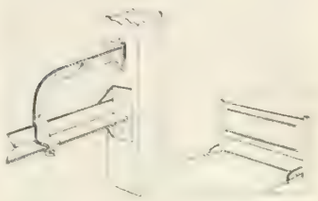
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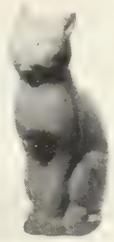
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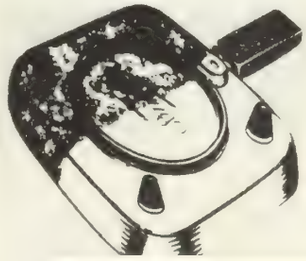
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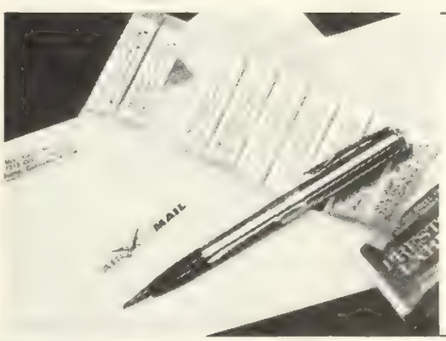
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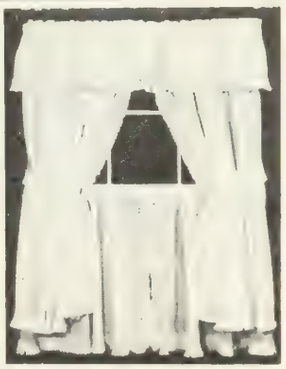
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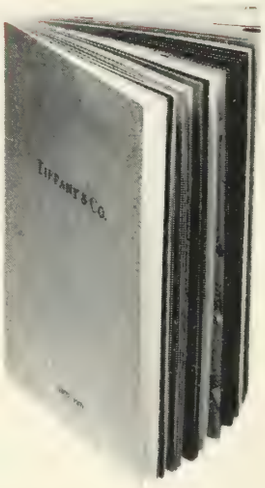
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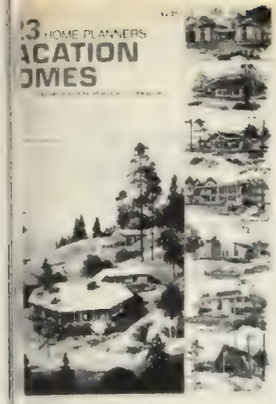
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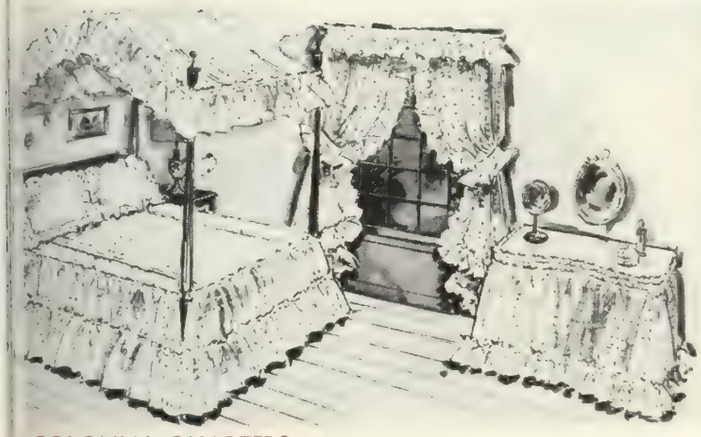
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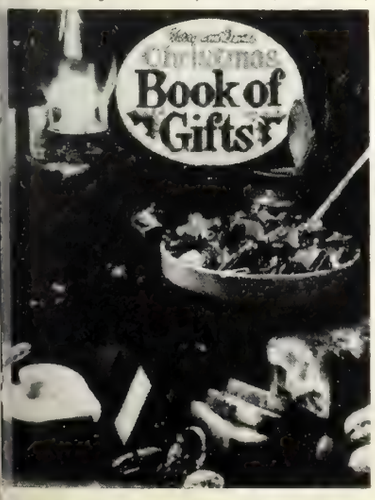






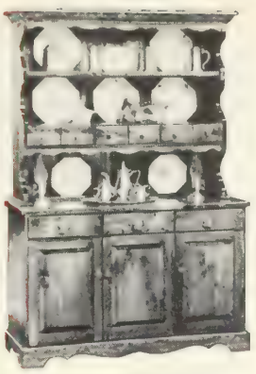
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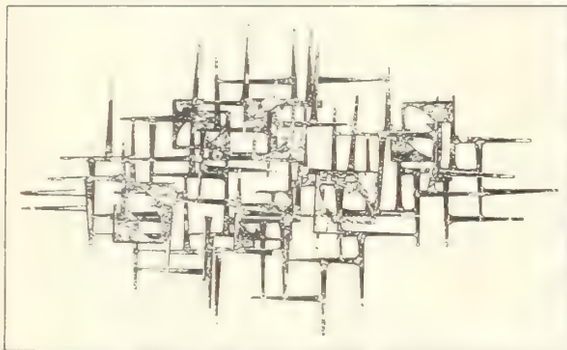
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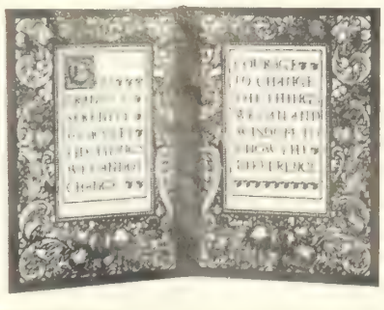
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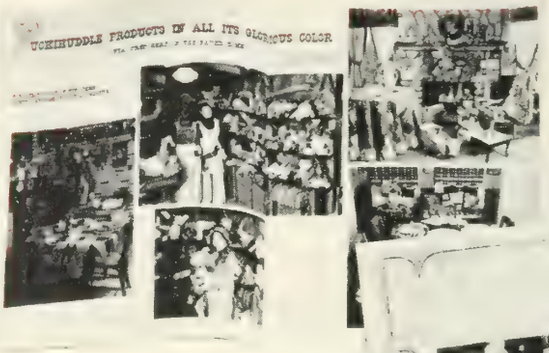
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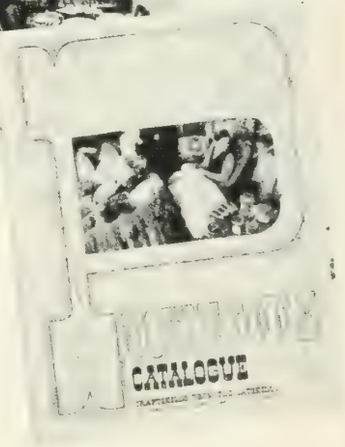
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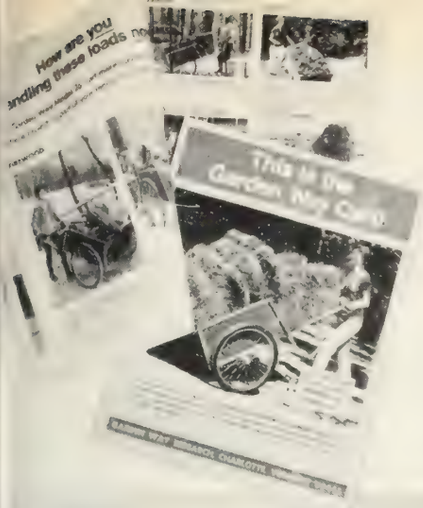
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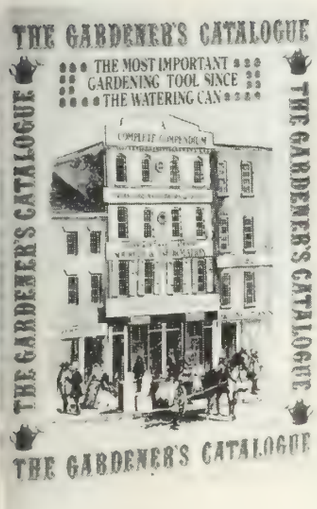
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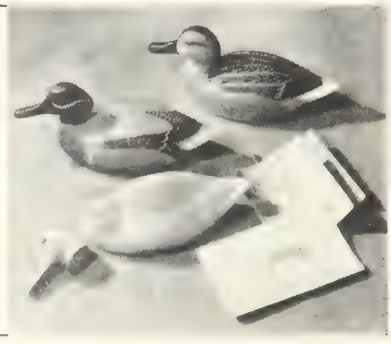
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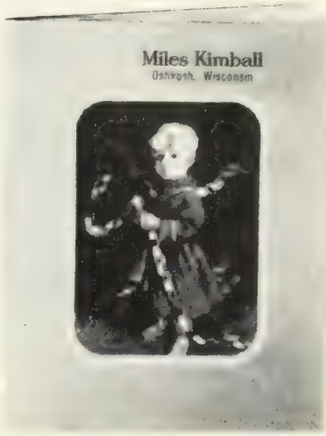


INFORMATION

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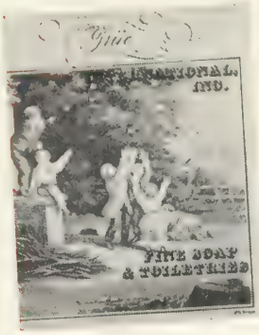


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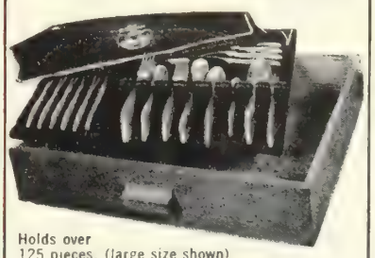
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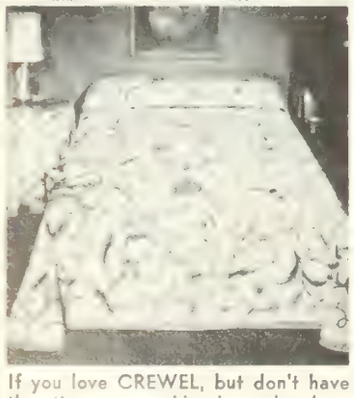
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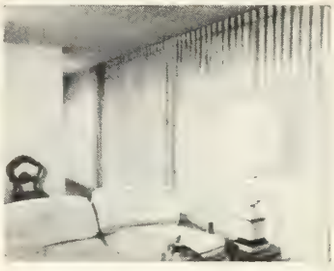
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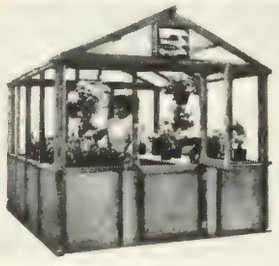
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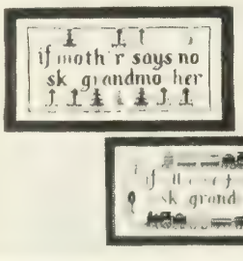
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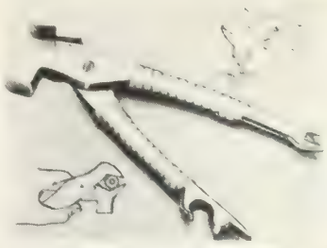
Colonial Village
Rt. 27 & Parsonage Rd., Edison, NJ 088

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No-iron white polyester-avril has 4" ruffle embroidered blue, red, yellow or white. 82" w. pr. 45", 54" l. $12.50; 63", 72" $16; pre-shirred 11" by 54" valance $4; tiebacks pr. $2.75. Add $1.50 post. Colonial Maid Curtains, HG9, Lawn Terrace, Mamaroneck, NY 10543.

HANDY HELPER



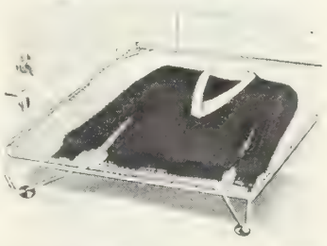
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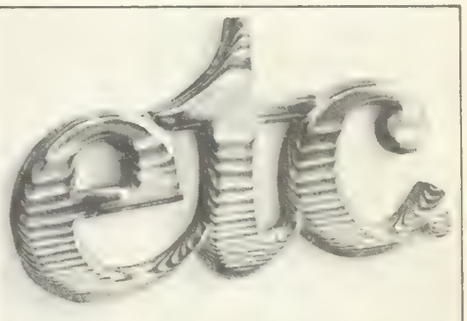
PUPPY LOVE A boy, his dog, his fishing pole ... and then romance comes along and turns the whole thing into an entirely different can of worms!

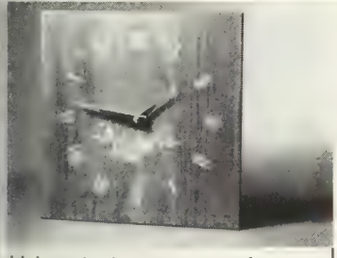
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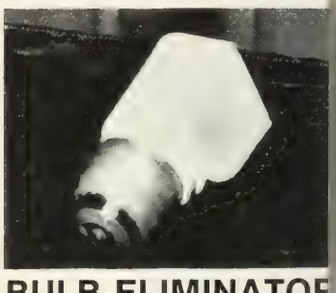
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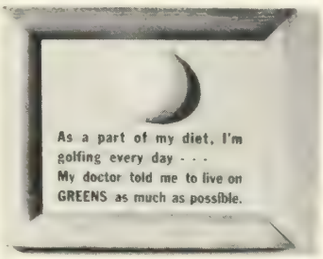
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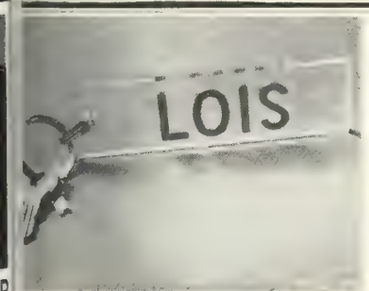
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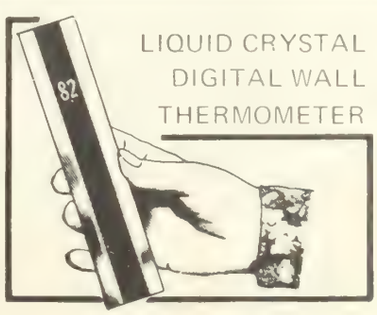
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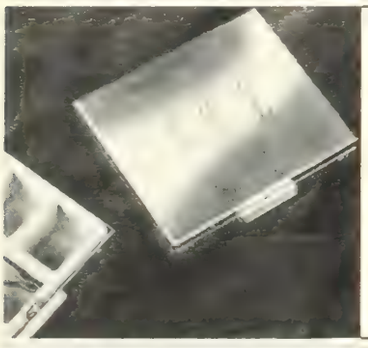
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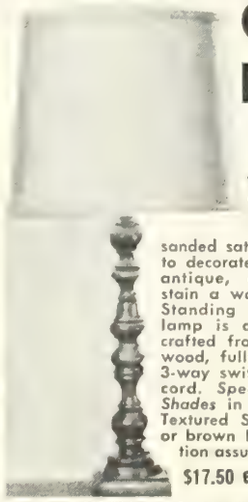
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[illegible] needle, and instructions. Size, 2" x 3".

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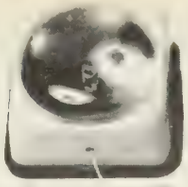
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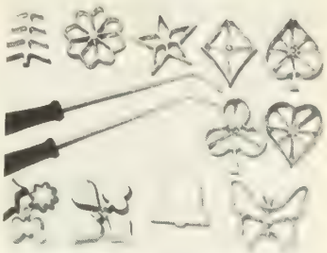
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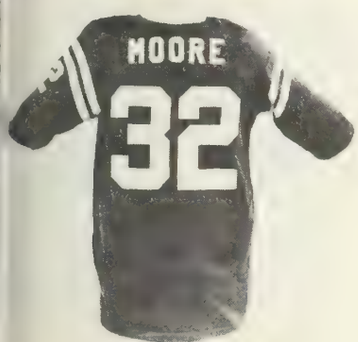
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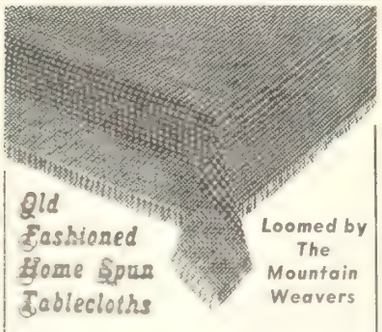
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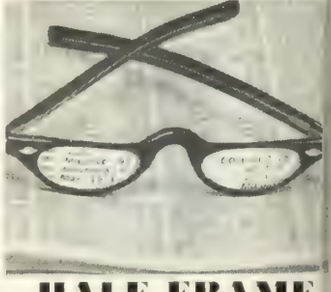
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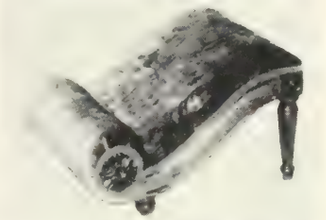
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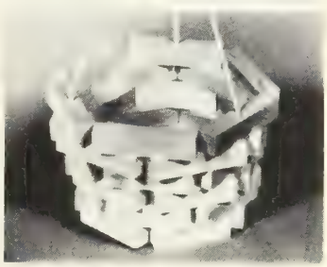
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Pennsbury Collection P.O. Box 2581, Dept. 759, Hickory, N.C. 28601

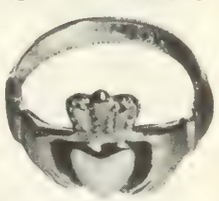
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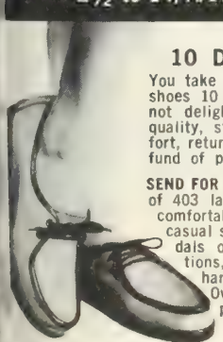
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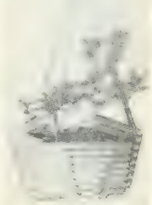
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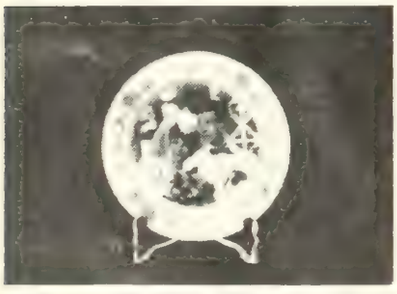
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$150.00 in your fabric—
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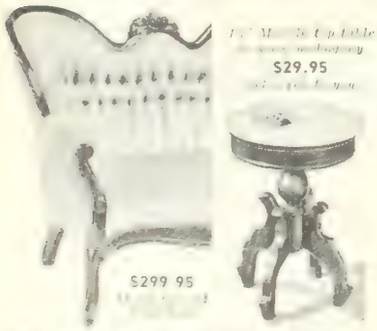
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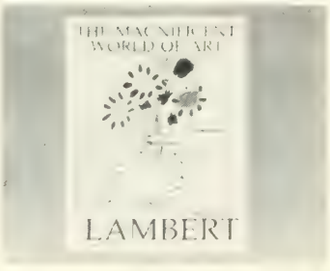
E-X-T-E-N-S-I-O-N

Bra extender enlarges the too small bra or makes an in-between size fit properly. No sewing. Hook to both ends of bra, it's easier to work or play with a good-fitting bra. Specify two or three hooks. $1 ea. plus 15c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



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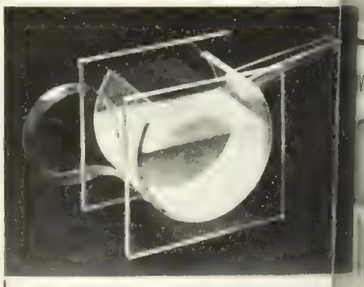
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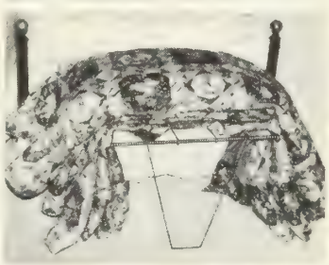
BLANKET CONTROL

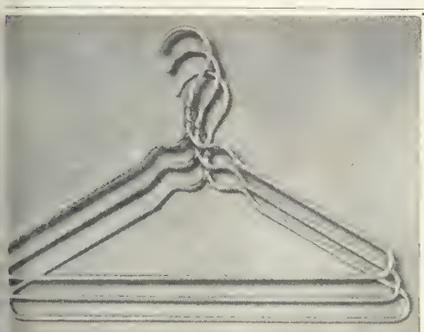
Electric blanket control guard of metal clips to bed where most convenient to reach when reclining. Clips bend easily by hand to adjust to bed rail. Excess cord can be wound around holder. $1.98 plus 35c post. Anthony Enterprises, HG9, 585 Market St., San Francisco, CA 94105.



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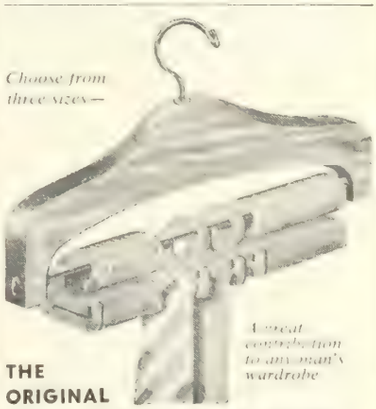


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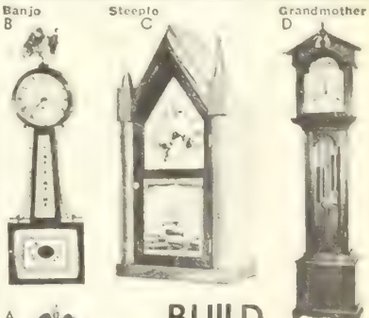
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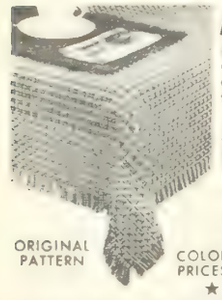
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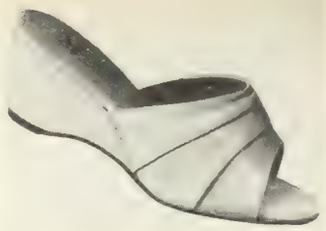
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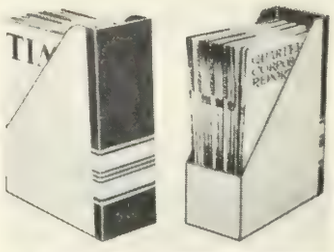
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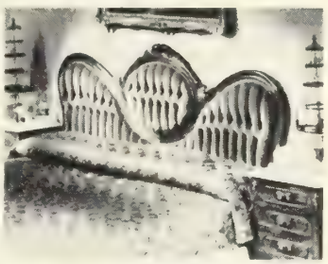
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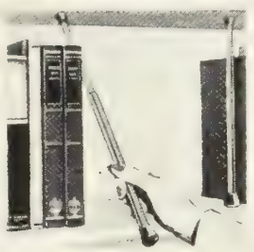
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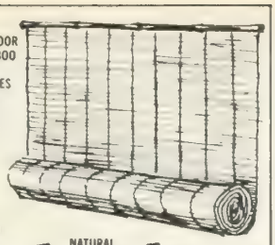


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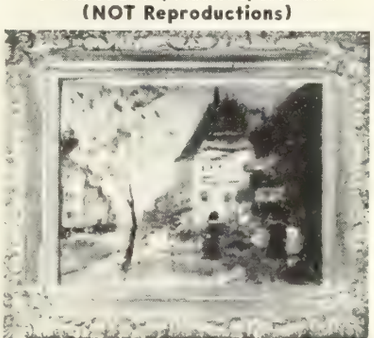
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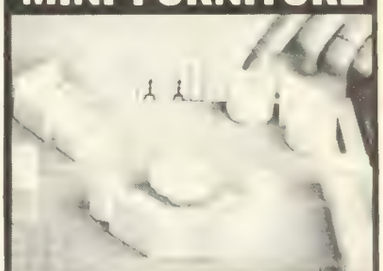


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Decorating

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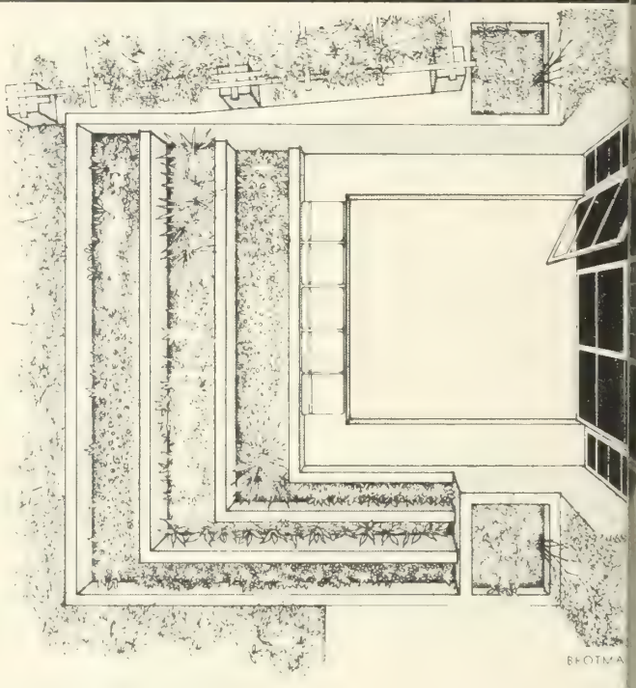
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Clever make-overs to give a garden a lift

A stepped garden to catch sun, block wind, grow what you will . . . A holly for warm climates or indoors . . . Ridding lawns of weeds . . . Revamping old gardens

Flowers in steps create a terrace sun-trap

Stuccoed to match the house, a succession of retaining walls creates the garden amphitheatre, *right*, designed by Gae Aulenti (page 104). First wall—right next to patio paving—is highest—it is meant for sitting. Next comes wall that's a backrest for anyone sitting there. It also holds earth for first level of plants. Three upper walls have less exposed surface, in places are hidden by plants growing upward from below or trailing down from above. Simplest and least expensive way of building a similar garden amphitheatre would be to use cement block. In Portofino's beneficent climate, block walls need not go much below soil line. Where winters are severe, walls will need below-frost footings. Soil mixtures may vary from one level to another, so a garden of this type has almost limitless possibilities for growing things.



A no-trouble holly that grows indoors

Holly-like *Ardisia* is one of the few red-berried shrubs that grow well indoors. An evergreen that grows outdoors only in warm climates, ardisia has scallop-edged, dark green leaves. It will thrive in any kind of potting soil and can get along with little or no direct sunlight. It does not mind restricted roots and so hardly ever needs repotting. The flowers, *below*, are small and inconspicuous, but are followed by bright red berries that last until the next season's flowers appear. There is also a white-flowered variety, considered to be something of a rarity. Plants tend to be leggy, but this is easy to remedy—simply cut them back and they'll bush out from the lower stem. And don't discard the cuttings. They take root with no trouble at all, make husky new plants in a few months.

Inconspicuous ardisia flowers turn into long-lasting red berries



Weed identification and advisory service

During the hot months, lawn weeds have been flourishing along with the grass. Some weeds, of course, are inconspicuous enough to be ignored. Others spread fast and far enough to choke out lawn grasses, and these are the ones that need attention. There are so many kinds of lawn weeds, though, that even experienced gardeners may be stumped by the problem of identifying and applying the proper treatment to them. The Scott lawn people have taken a big step toward solving a lot of lawn weed problems by setting up a weed advisory service. This branch of the Scott organization identifies any weed sent to it, and makes recommendations for chemical or other treatment to eliminate the pest. To use this service, wrap a sample of the weed—stem, leaves, and flowers, if any—in aluminum foil, enclose in an ordinary envelope, and mail to O.M. Scott & Sons, Marysville, Ohio 43040. An identification and advice for treatment will be sent as soon as the Scott botanists can do their homework. If you're in a great hurry and can describe your pest plant verbally, dial one of Scott's toll-free numbers: In the East, the number is 800-543-1415; West, it's 800-543-0091; within Ohio, the number is 800-762-4010. There is no charge for the service, whether the advice is given by mail or by telephone.

A fresh start for old gardens

The fall months are the ideal time for remaking your lawns, replanting flower beds, and moving or replacing shrubs and trees. It all takes a good deal of planning, of course, and a good way to begin this planning is by reading Stanley Schuler's *Make Your Garden New Again* (Simon and Schuster, $9.95). Mr. Schuler describes how to go about making landscape changes for maximum effect with minimum effort. He takes up the basic problems of grading, soil preparation, drainage, and the location of outdoor living areas. He explains how to lay out and build walks, walls, terraces, flower beds, and shrub borders. His choices of trees, shrubs, vines, and herbaceous plants are carefully made for beauty and practicality in a variety of climates. As a guide to home landscaping, whether you are remaking your garden or are about to start from scratch, this book has the answers.

ating yourself slim *continued from page 135*

n be totally immersed in liquid) ith 5 scallops each alternating ith 4 tomato sections, mush- oms, and a spear of bay leaf at ch end. From this point in the cipe one must move quickly.

Bring court bouillon to a sim- er and add skewers and cook for minutes.

GREDIENTS
AUCE SABAYON)

served court bouillon with
tarragon
tablespoons water
large egg yolks

ETHOD

mmer the bouillon. In a bowl, hisk water and egg yolks to a oth, doubling its volume. Re- ove bouillon from stove and add g/water mixture and whisk ain. Pour sauce over brochettes d rush to the table. Serves 6. *97 lories per serving.*

ELON WITH TRAWBERRIES

GREDIENTS

cantaloupe melons, cut in half and seeded
cup strawberries

ETHOD

ith a small melon scoop make a ng of indentations in each melon lf. Fill center of melon and in- ntations with the strawberries. rves 6. *42 calories per serving.*

OBSTER RAGOUT

GREDIENTS

2-pound lobster
urt bouillon
tablespoon olive oil
gnac
hite wine
esh tomato
h fumet*
uce à l'américaine*
ushrooms
bayon sauce (see above)
rnishes: glacéed small onions, carrots, turnips, and cucumbers

ETHOD

emove claws from lobster and ach them in court bouillon. De- ch the tail and cut the trunk in 2 rts. Remove coral, set aside.

Cook the tail and trunk in a avy enameled skillet in olive oil r about 10 minutes. Remove and t aside. Deglaze the skillet with gnac, white wine, fresh tomato, h fumet, and sauce à l'améri- ine. Strain and set aside.

In a blender purée mushrooms d coral. Add to sauce to give it ore consistency and keep warm.

Open the shell of the lobster tail with a pair of scissors, and cut meat into large pieces. Reconstruct half the lobster on each plate; in the shell of the body place the meat from the claw.

Lighten the sauce with a small amount of the sabayon sauce and spoon on the lobster. Garnish each plate with onions, carrots, turnips, and cucumbers. Serves 2.

**Recipes can be found in standard French cookbooks or in Larousse Gastronomique.*

PIGEON SALAD

NOTE: A dark-fleshed game bird—quail, pheasant, guinea hen—is nearest substitute if pigeon is unavailable; but recipe could be adapted to Cornish hens or chicken.

INGREDIENTS

1 pigeon
pigeon consommé or chicken stock
2 or 3 leaves of 2 or 3 different salad greens like romaine, spinach, rugola, or a variety of lettuces
vinaigrette sauce
12 artichoke bottoms, halved
1 tomato, peeled, seeded, chopped
1 tablespoon kernels of corn
1 tablespoon mushrooms, cut in strips
1 tablespoon lemon peel, cut in strips

METHOD

Remove legs from pigeon, and grill. Poach rest of pigeon in pigeon consommé (or well-flavored chicken stock) until cooked but still rose-colored. Slice thin. Dress greens with a light vinaigrette sauce. Arrange each plate with grilled thigh in center surrounded by greens on which are laid thin slices of poached pigeon. Ring with halved artichoke bottoms, sprinkle over remaining ingredients. Serves 2.

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A natural diuretic made with equal parts of heather flowers, corn silk, cherry stems, horsetail, and Uva-ursi (bearberry). Prepare as you would tea: Pour boiling water over herbs, steep at least 5 minutes, pour off tisane and serve, or chill to serve cold. Garnish with any combination of the following: slice of apple, slice of orange, a strawberry, a grape, a chunk of pineapple, and a sprig of fresh mint. Ingredients are available at herb-and-spice or health-food stores. Or from Kiehl Pharmacy, 109 Third Ave., New York, N.Y. 10003.

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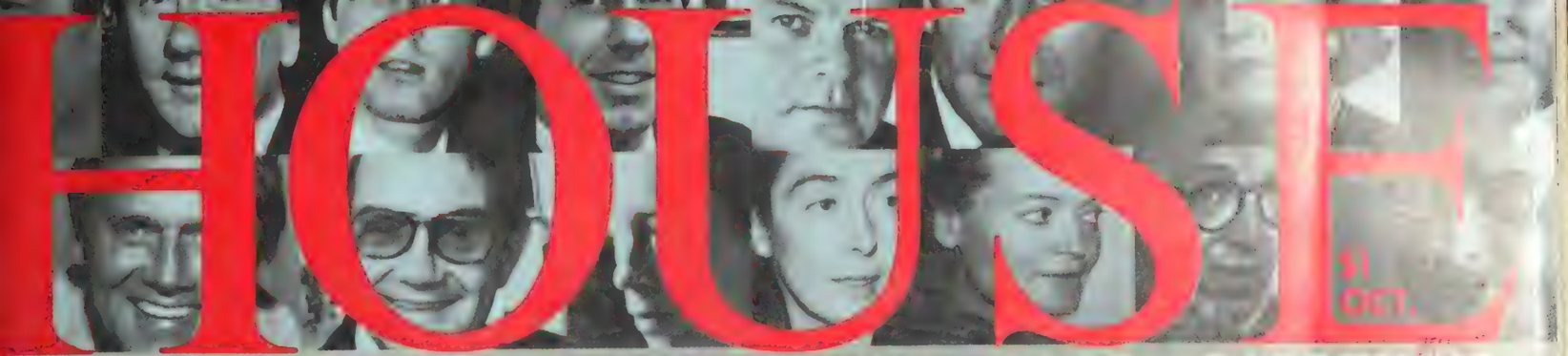
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Vol. 147 No. 10



HORST

On the cover: Walk into a living room with all the elements that make a room look new, live well: big comfortable furniture arranged for flexibility and surrounded by space; simple windows (with mirrored reveals that enlarge a view); touches of natural wicker; paintings and sculpture the owners really love; and plants—for a breath of nature. Designed by Arthur Smith. For a closer look, see page 100.

Some designers who speak out for common-sense decorating:

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1. Angelo Donghia
2. Tom Britt
3. Robert Perkins
4. Mark Hampton
5. Michael Taylor
6. George Clarkson
7. Mrs. Henry Parish II
8. John Dickinson
9. Jay Spectre
10. Bruce Gregga
11. Albert Hadley
12. William Hodgins
13. Mica Ertegun
14. Chessy Rayner
15. Richard V. Hare
16. Arthur Smith

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Natural elegance with a zest for living. Experience it now, with hand made glassware that sparkles with outdoor freshness . . . and shines with a warm inner glow. For beauty that holds season after season, choose several of these co-ordinated pieces. Available in crystal and two colors. All reasonably priced at fine stores everywhere.
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New sight and sound pleasures at home

The new breed of home movies, new "plain" geometry for furniture, sheet fabric by the yard, plus build-it-yourself plans for music speakers

How to go to the movies without leaving home

BY MARGARET MORSE

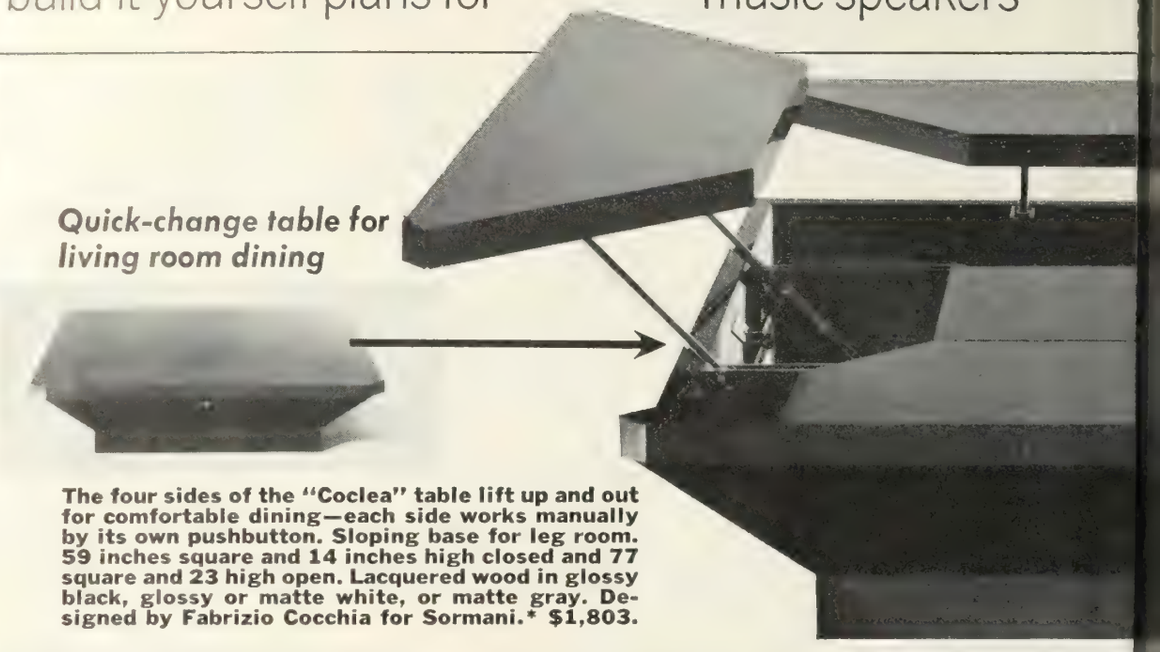
Where to rent 16mm. feature films by mail across the country—Great fun for parties or simply for movie buffs, 16mm. feature films are readily available by mail from many motion-picture film rental companies around the country. For a local list, check "Motion Picture Film Libraries" in your telephone Yellow Pages. Most companies rent to you with the agreement your showing will be strictly private and without admission charge, with your mailing the film back the next day. The prices we've quoted—from the latest catalogues—are for a single showing under these conditions. For other conditions and specifics, see company catalogues. Please note that prices for a given film may vary widely and that prices are subject to change.

If you don't have a 16mm. motion-picture projector, most large photography stores rent them—about $25 a day or $65 a week in New York City. Or look in the telephone Yellow Pages under "Motion Picture Equipment & Supplies Renting."

Before listing some companies that rent 16mm. features by mail, I suggest **the quickest way to find the film you want** may be the *Film Programmer's Guide to 16mm. Rentals*. It covers features, early cinema, selected documentaries, and newsreels, often gives comparative prices for different distributors carrying the film, with a directory of 52 film distributors and summary of their rental and price conditions in back. Compiled by *(Continued on page 232)*

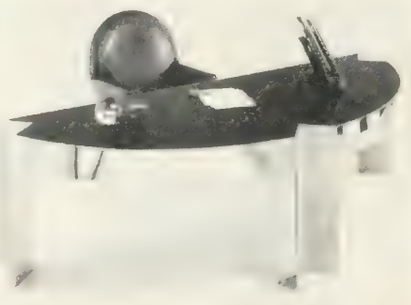
Now you can buy nine pretty sheet patterns by Wamsutta by the yard! In cotton and polyester Ultracale, 55 inches wide, at about $3 a yard, a real bargain in chic for sewing slipcovers, curtains, even covering walls. At Bloomingdale's and Macy's in New York, Burdine's in Miami.

Quick-change table for living room dining



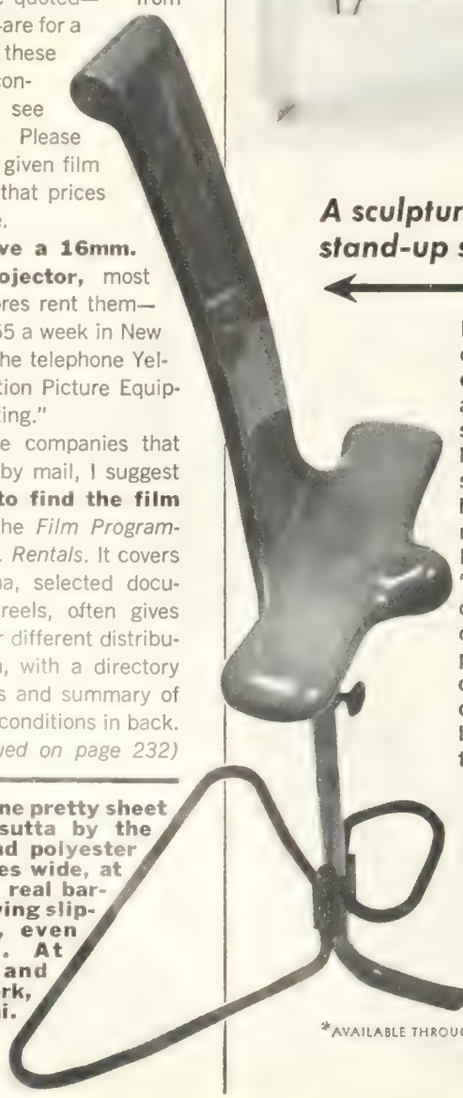
The four sides of the "Coclea" table lift up and out for comfortable dining—each side works manually by its own pushbutton. Sloping base for leg room. 59 inches square and 14 inches high closed and 77 square and 23 high open. Lacquered wood in glossy black, glossy or matte white, or matte gray. Designed by Fabrizio Cocchia for Sormani.* $1,803.

Pared down Art Deco for a gleaming, contemporary desk



A half-moon of black granite, 8 feet long, notched with V-shaped stainless steel legs. Two drawers. As shown or topped with Carrara marble, about $6,850; olive ash burl or ovangkol burl, about $6,250. By Leon Rosen for The Pace Collection.*

A sculptural seat for stand-up support



If you spend hours over a kitchen counter or worktable and would like the support of a chair but freedom of standing, the high, half-seat "standing rest" is for you. It's an example of the "form follows function" design Italy often does so well. Molded plastic seats in orange, white, brown, or black. The adjustable black iron base is tripod-shaped for stability. Designed by Claudio Salocchi for Sormani.* About $173.

*AVAILABLE THROUGH INTERIOR DESIGNERS ONLY.



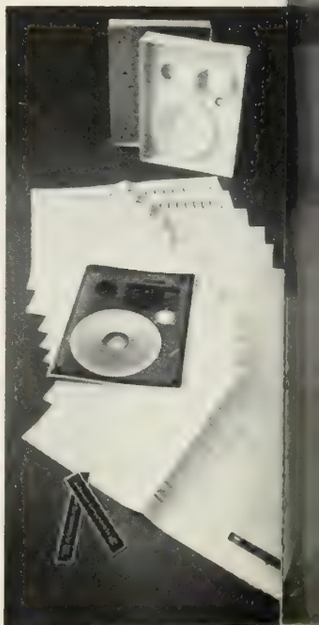
Versatile fire extinguisher



Put out home grease, electrical, gas, oil, and paint fires with the easy-to-use "Fire Fighter"—just rip off seal, aim, press spray button, and enough sodium bicarbonate's dispensed for the average homeowner to put out, the manufacturer says, a liquid fire 5 feet square. With pressure-check button, wall mount. Antique white, 12½ inches high. By Norelco. About $15.

Music to your ears if you're a do-it-yourselfer an

...have wanted to build your acoustically sound loudspeak "Enclosure Construction Kit" all information needed to bui virtually any size enclosure (even built-ins) for JBL speak components. With illustrated manual on enclosure theory, materials, assembly methods detailed plans for 3-, 5-, and 8-cubic-feet enclosures, cha for tuning them, wiring them amplifier or receiver. You bu wood, hardware, components separately. Kit is $5 at select JBL dealers or postpaid from Technical Information Dept., James B. Lansing Sound, 324 Casitas Ave., Los Angeles, Cal



Add one miserable day, one easy chair, and serve.



For free recipe booklet, write Carillon Importers, Ltd., 745 Fifth Avenue, New York, New York 10022. Product of France. Made with fine cognac brandy. 80

On keeping heat inside, where it belongs

What insulation is and where to put it, ways to reinforce windows and doors, plus a gadget to help control your shopping costs in the supermarket

Settling in for the winter

By Sandra Oddo

Insulation is the answer. In all those lists of ways to conserve energy, it figures first, and by now we've read it so often that it sounds just a little boring: Ah, yes, insulate (yawn). But how? With what? How much? When?

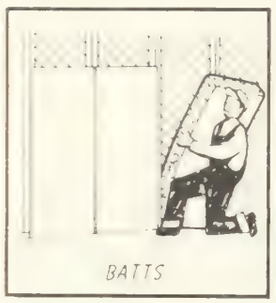
When? Now. It's cool enough now that you won't roast in the attic or under the roof. It's warm enough that you won't freeze outside while you're tucking in the basement windows. Construction-supply places are up to their rafters in insulation of all kinds. And—the big reason—expensive winter heat is not yet fleeing through your walls in invisible waves. Or rather, in waves that become all too visible on your utilities bills.

How much? "In typical frame or masonry veneer construction," say Henry R. Spies, Seichi Konzo, Jean Calvin, and Wayne Thoms in their valuable book *350 Ways to Save Energy (and Money)* (Crown, $5.95), "each 1,000 square feet of uninsulated wall surface . . . will lose 18,750 BTUs per hour." Proper insulation can reduce the loss by more than three quarters. What's proper? For maximum savings, walls should have an R-value of at least 13, ceilings or roofs an R-value of 19, and floors over basements or crawl spaces at least as much as walls.

With what? The most widely used insulation is **fiberglass,** R-11 for 3½-inch wall batts, or R-3 for each inch of thickness. It is made by melting down glass, extruding it in fibers, and packing the fibers together with resins. **Mineral wool,** made with melted rock or slag by the same process, has a similar R-value. Both are relatively inexpensive to buy—about 10c a square foot—and easy to apply in new houses. Fiberglass is made *(Continued on page 16)*



Rolls are made to fit between studs built on 16- or 24-inch centers.



Batts are 48 inches long and, like blankets, have vapor barrier backing.



Boards are usually 2 by 8 feet, also come with tongues and grooves.



For ceilings, a depth of 6 inches—and don't balance on joists to do it.

The wonderful value o

R

Insulation is measured in R-value, t amount of resistance it puts up to he passing through it. The better the sulation, the higher the R-value. Highe of the commonly used insulation is po urethane, with an R-5.88 rating for ea inch of thickness of insulation. T R-value is usually printed on the m terial itself, or on the package.

Insulation can also be measured in —the amount of heat (in BTUs) it w conduct per square foot per hour. T *lower* the K factor, the better. It rang from .16 for polyurethane to .47 f vermiculite.

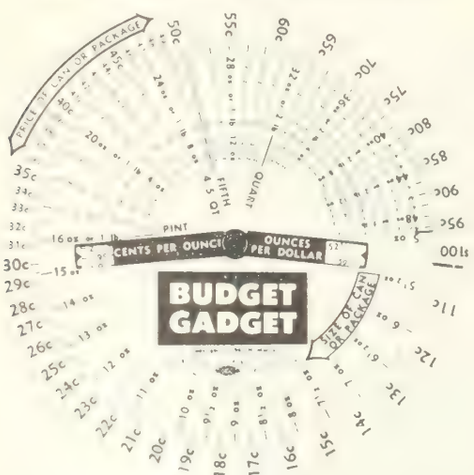
Both R and K ratings can change d pending on whether the insulation is loose, rigid, or batt form, and on wheth it is used in walls or ceilings.





Urea-formaldehyde, swirled between concrete block and facing, or foamed through small hol

Do your own unit pricing



For those of us who stand muttering to ourselves in supermarket aisles, squinting at illegible unit price stickers on the shelves and trying to convert ounces into pennies, there's something that may save our sanity. Budget Gadget is a sheet of heavy cardboard with a movable dial. You line up the price of an object with its size and, *voilà*, the unit price appears in a window. There is also helpful information on meat and eggs, weights, measures, and can sizes on the back of the Gadget. Available for $1 from Budget Gadget, P.O. Box 38161. Los Angeles, Cal. 90038.

The safe use of foam

Polystyrene is something called a thermoplastic material. When it's hot you can mold it—so when there is a fire, it melts. It will melt *away* from a very small fire. But in a large fire it will burn as well as wood, and will release heat much more quickly—explosively in some cases. It will drip and cling. And it will release a lot of deadly carbon monoxide.

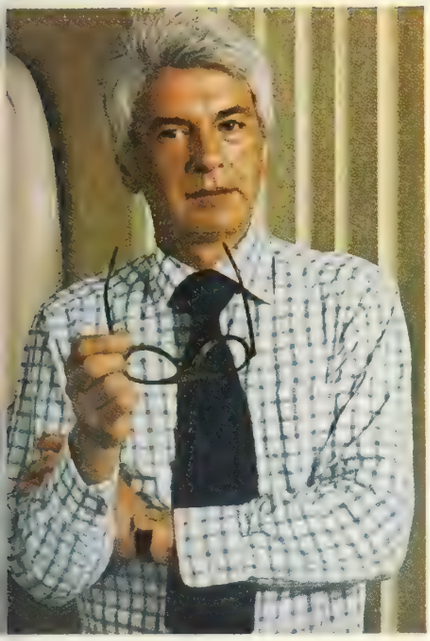
Polyurethane is a thermoset material—once molded it will burn but not drip or melt. It will release the same gases.

Neither should be used as insulation where it will be exposed. Amspec, a construction-materials subsidiary of Dow Chemical, which makes Styrofoam, has conducted extensive tests and found that the best fireproofing cover-up for rigid foam insulation is plain old gypsum board. A sheet as thin as a half-inc spackled and taped, will make a wall as fi resistant as if there were no foam there. F retardant paint can also be used, but ten to be brittle. If it should accidentally be ch ped, its value would be destroyed. Mc paneling works, though it conducts he Wood paneling does not work.

As we become more energy-conscio more people are going to consider insulati panels or shutters to cover windows at nigh Rigid foam, in form, is perfect for these—b because of its flammability, says an Amsp spokesman, they do not recommend it unle covered with metal on both sides, or unle used only against the glass, when neith window frame nor nearby paneling is of woo

"The new romantic looks can take the heart out of your hair. 30 minutes with condition* will put it back."

Pierre Henri



"Personally, I love the romantic looks.

I also hate them. I love what the soft waves, bouncy curls, and fluffy bangs do for you. I hate what the permanents, stiff brushes, brush rollers can do to your hair.

They can turn soft into strawlike, bouncy into broken, fluffy into frizzy.

Now I'm not suggesting that you switch to some Plain Jane hairstyle. But I strongly suggest that, along with the romance, you give your hair a good sensible dose of condition* Beauty Pack Treatment from Clairol.

Of course, condition* may cost a little more than most other conditioners, but it's loaded with protein.

In just 30 minutes, condition* sinks right into the hair shaft, supplying protein to the deprived hollows.

It adds new body and manageability, helps repair split ends, and gives your hair a terrific shine.



You give it permanents. Brush it out. Roll it up.

If you really want your hair to look romantic, give it a little love. Give it condition*."





condition*
The 30-minute treatment for mistreated hair.

COSMETICS BY CLAIROL *TM © 1971-1975 CLAIROL, INC.



Yes, the whiskies in J & B are rare indeed. But the essence of J & B Rare Scotch is in our uncompromising quest for perfection. For more than 100 years, no one has ever matched the rare taste of J & B. And never will. That's why J & B has it. And always will.

86 Proof Blended Scotch Whisky © 1975 Paddington Corp., N.Y.

"How to insulate? If you are building a new house, the answer is easy—everywhere with everything"

Keeping heat inside *continued from page 14*

in 6-inch batts for ceilings.

Cellulose fiber, made from wood pulp or recycled paper chemically treated to resist fire and water, has a slightly lower R-value than mineral wool. It comes in batts and blankets but is used most often as loose fill. Some settling deterioration may be expected with time.

Foamed plastic boards, polystyrene, and polyurethane are becoming more common and more valuable as insulating materials. Polystyrene can be either molded (like insulating coffee cups) or extruded. The extruded form is best for insulating boards, with an R-value of 4 to 5.4 per inch of thickness. It is completely waterproof. Polyurethane has an even higher R-value but may pick up moisture and swell with time. It is used, therefore, only in places where it is protected from moisture—as between the metal sheets that form the sides of a refrigerator. Both will burn, so they should always be covered with a fire-resistant material. In a concrete-block construction, rigid insulation has a labor-saving advantage. It can be pasted directly to the block wall, inside or out, with mastic. Gypsum board or siding can be pasted to the insulation, eliminating extensive carpentry. If you install it yourself, it costs about 15¢ a square foot.

Polyurethane foam, sprayed between existing walls, is an effective but unpredictable insulator. The technology of spraying is not quite where it should be yet, and a lot depends on the skill of the operator. It can also swell if it picks up moisture after it is installed.

Urea-formaldehyde foam, patented by the Rapperswill Corp. of New York as Rapco-Foam, is totally non-flammable. It has an R-value of about 5 per inch, it does not settle or swell (though it may contract up to 3 percent), and, installed by an approved applicator, it is guaranteed for the life of the structure. Rapperswill has trained and licensed about 1,000 applicators in the U.S.—and the training is important, since improperly mixed urea-formaldehyde foam can develop a lingering formaldehyde odor. It should cost about 50 percent more to blow into an existing wall than blown fiberglass would.

In considering the use of all foams, check your local building codes. Polystyrene, for example, is banned in Chicago.

Particle board, made from miscellaneous wood fibers, is sometimes used as an insulating sheathing board, between wall studs and house siding. It has a R-value of about 2.6 per inch and is a fairly good soundproofing material. It is inexpensive, but, like wood, is susceptible to termites.

Expanded mineral materials like vermiculite or perlite are available as boards or loose granules to fill existing walls or ceiling spaces. They're fireproof and verminproof. As a board, perlite has an R-value of 3 per inch for roof uses. Loose fill is slightly less than R-2 per inch.

How? If you are building a new house, the answer is easy—everywhere, with everything. Start by planning to take advantage of the sun. A ranch-house-like rectangle, for instance, will use 40 percent more energy if its long sides face east and west than it will if they face north and south. Energy-conscious builders are beginning to advocate a total wall system with full batts of fiberglass between wall studs, and sheathing of ¾-inch or 1-inch Styrofoam to cover the outside, ground plate to rafters, under the siding. Such a wall would have an R-value of more than 18.

Rigid insulation manufactured by companies like Dow and Owens-Corning figures in a new concept for roofs—turn them upside down. Insulating boards go *on top* of wood and tar paper, just *under* the shingles, to make the roof more heat-and-weather tight.

If you want to add insulation to an existing house, it may take a little more ingenuity. Start with the ceiling, since savings count the most there. If it's loose fill, common in older houses, has it settled? You can add more, or you can replace it with batts of insulation. You can even lay batts on top of the fill, as long as the batts have no vapor barriers. A foil or kraft paper moisture barrier will trap any moisture in the fill, perhaps compounding a problem. If there is no space between ceiling and roof, consider insulating the roof with board-type insulation. Or, if you can spare 2 inches of room height, and your joists can carry the extra weight, glue rigid insulation to the existing ceiling, then cover it with another layer of gypsum board for fire-resistance.

If your exterior walls have no insulation, the only practical solution is to have some blown in. Strips of siding are removed, holes are bored at intervals, and insulation—loose perlite, vermiculite, fiberglass, mineral wool, cellulose fiber, or foam—is blown into the interior wall cavities. It is *not* a job

Continued on page 88

Only you can make the comparison.

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ian is a trademark of Armstrong Cork Co.

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oth floors are glossy and lustrous. And both have a no-wax nish that's virtually carefree. But that's where the com-rison ends. Only the new GAFSTAR Brite-Bond Citation oring collection gives you a thick, cushiony foam backing. it's softer and more comfortable than Designer Solarian.

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Then go and make your own comparison. After all, why should you settle for just a beautiful look when you can also have a beautiful feeling.

ria Garden pattern available in 4 different high fashion colorations.

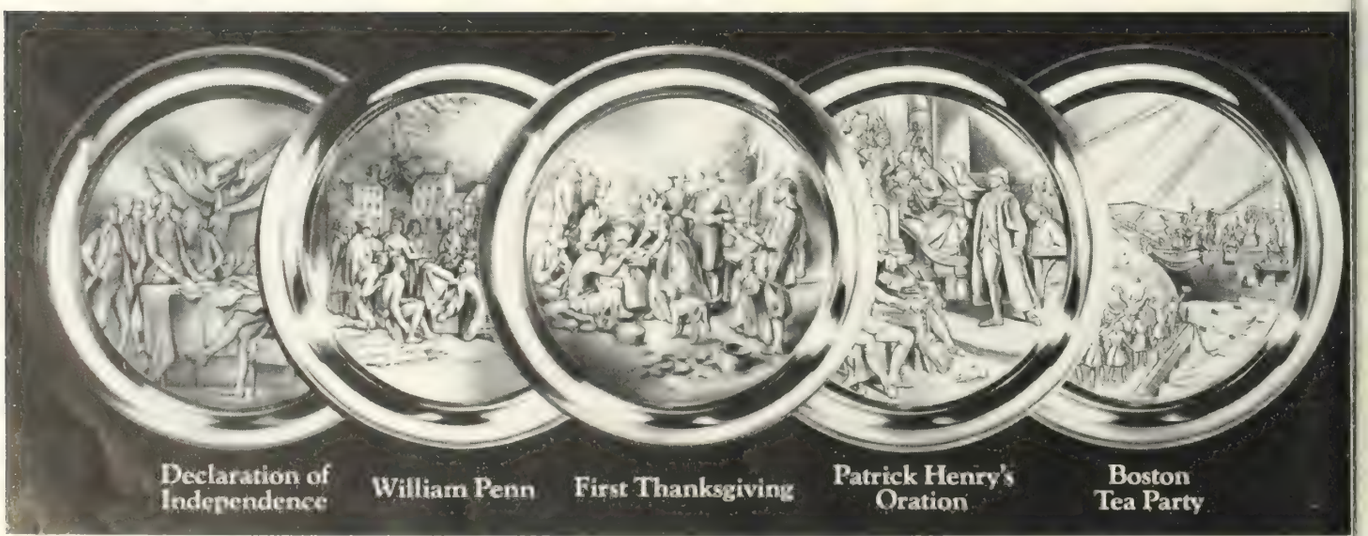
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American history
in the artistry of



Each plate approximately 8" in diameter, containing 6.7 troy ounces sterling silver.



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The Birmingham Mint of England proudly presents *The Colonial Heritage Collection* – a strictly limited edition of Bicentennial plates in solid sterling silver.

To salute America's Bicentennial, the world-renowned Birmingham Mint has created six extraordinarily beautiful works of the silversmith's art.

The Colonial Heritage Collection captures, in the soft glow of fine sterling silver, six major events in America's colonial history. The Landing of the Pilgrim Fathers. The First Thanksgiving. William Penn's Treaty with the Indians. Patrick Henry's "Liberty or Death" Oration. The Boston Tea Party. And the Signing of the Declaration of Independence.

To bring out all the detail and drama of these sculptured scenes, the plates will be struck in high relief, from dies hand-carved by master craftsmen. Each plate will bear the prized Maker's Mark of the Birmingham Mint and come with a Certificate of Authenticity signed by the Managing Director of the Mint. Founded during Washington's presidency, the Birmingham Mint is England's oldest, largest private mint, known throughout the world for its fine commemorative plates and other collector's items in precious metal.

Each solid sterling silver plate—with official British Government hallmarks guaranteeing the purity of the metal—will be sent to you in a deluxe presentation case, suitable for wall mounting if desired. The Mint will issue one plate every two months, from November 1975 to September 1976. The price will remain $180 per plate, regardless of any increases in the cost of silver.

Along with your sixth plate, you will receive a special gift from the Birmingham Mint—an additional plate struck in classic pewter, the traditional metal of colonial America. It will portray famous "Heroes of The Revolution."

Only 2000 sets, each with registered serial number, will be struck in sterling silver. Orders received after the issue is fully subscribed must regretfully be returned.

Because of its artistic quality and intrinsic value, and as a token of friendship between our two great nations, *The Colonial Heritage Collection* will surely become one of the most cherished heirlooms of the Bicentennial—to be enjoyed now and passed along with pride to future generations.

Famous hallmarks that bespeak universally admired craftsmanship and value



Hallmark of the Birmingham Mint



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Special Gold Edition. For the discriminating collector, the Birmingham Mint will strike 50 sets in solid 22-karat gold, each plate 16 troy ounces in weight. The cost, regardless of any increase in the price of gold, is set at $5000 per plate. Subscribers to the Gold Edition will receive a sterling silver gift plate gilded with 22-karat gold. To order, check appropriate box in the application.



Your gift plate
"Heroes of The Revolution"

THE COLONIAL HERITAGE COLLECTION HGC1
ADVANCE SUBSCRIPTION APPLICATION

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Office for U.S. Subscriber Services
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Please enter my subscription for *The Colonial Heritage Collection* consisting of 6 commemorative plates to be issued at the rate of one every other month beginning November 1975.

I prefer to receive my plates in the edition checked below:

☐ Solid sterling silver at $180* each. My gift plate, "Heroes of the Revolution," will be in classic colonial pewter.

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Redwood City, Calif.
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Scottsdale, Ariz.
St. Clair Shores, Mich.
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Wilton, Conn.
Winston-Salem, N.C.
Zionsville, Indiana

Tulsa, Oklahoma to open in January

Rediscover wonder-working

whole grains and other natural fibers

New medical research tells you why and how

By Eloise R. Trescher, RD

"Said a lean, wiry lipid imbiber
Of no diet am I a subscriber
And you never would guess
That I eat to excess
For the secret, my friends,
is the fiber."

From an article by Dr. David Kritchevsky, The Wistar Institute of Anatomy and Biology, Philadelphia, Pa.

The implication of the above limerick is yet to be proven, but research in this country and in England has turned up convincing evidence to establish its credibility.

What is dietary fiber? It is that part of plants, the whole grains, vegetables, nuts, fruits, and legumes that are not digested by the secretions of the human gastrointestinal tract. It is made up of a complex of carbohydrates of which the layman rarely hears—celluloses, hemicelluloses, mucilages, pentosans, gums, pectins, and noncarbohydrate lignin.

Recently research has revived interest in dietary fiber. But as early as 1920, Dr. J. H. Kellogg, Medical Director of the Battle Creek Sanatorium, advised an "Antitoxic Diet." He recommended the daily use of fruits, vegetables, nuts, legumes, and whole grain cereals especially coarse oatmeals and wheat bran in our diets.

Dr. Kellogg wrote, "Modern medical research has clearly incriminated the colon as the source of more disease and physical suffering than any other organ of the body. The artificial conditions of life, sedentary habits, concentrated foodstuffs, false modesty, ignorance, and neglect of bodily needs have produced a crippled state of the colon as an almost universal condition among civilized men and women. One of the many functions of the colon or large intestine is to carry food residue to the rectum."

In 1974, fifty-four years later, Dr. B. H. Ershoff wrote in the *Journal of Applied Nutrition* the following possible benefits of dietary fiber:

1. *As an antihypercholesterolemic and antiatherosclerotic agent (prevention of an elevated cholesterol and hardening of the arteries.)*
2. *As a promoter of normal bowel function.*
3. *As an antitoxic agent.*

The multimillion dollar annual sales of laxatives and cathartics substantiate their claims. Present studies indicate that diets low in fiber might be implicated in certain types of heart disease, elevated cholesterol, cancer of the colon, and other diseases of the colon such as diverticulosis.

The ways in which dietary fiber works are complex. Different kinds of fiber play different roles. The chief roles of dietary fibers are to:
1. *Increase the bulk of the diet. This may result in greater excretion of bile salts and fats.*
2. *Permit greater water binding capacity of the intestinal contents.*
3. *Promote a favorable milieu for intestinal bacterial flora.*
4. *Produce larger and softer stools.*
5. *Decrease the transit time of the fecal mass. Carcinogenic substances would have shorter contact time with the intestinal mucosa and therefore less chance of promoting the development of cancer.*

Persons whose diets are composed of highly refined foods and foods low in fiber content (meat, fish, poultry, eggs, cheese) are often constipated and take muciloids in water to provide intestinal bulk. A happier solution to the problem is to eat foods high in fiber content—a salad of fresh fruit or greens, 100 percent whole grain breads, crackers, or cereals, especially those rich in bran, some dried figs or prunes, a dish of Scotch oatmeal at breakfast. Any of these, singly or in combination, provide pleasant ways of including dietary fiber, and help promote satisfactory bowel movements.

Little is now known about the specific properties of different fibers. The U.S. Department of Agriculture Handbook No. 8, 1963, our most recent comprehensive source of information on the composition of foods, lists only crude fiber or C.F. Crude fiber is the insoluble material left after severe acid and base hydrolysis. C.F. values must be used because those for dietary fibers are presently unavailable.

The amounts of C.F. in foods vary widely. Whole grains contain large quantities but as you see in the lists on page 28 much of these are removed in milling. The C.F.

Continued on page 28

"If anyone had told me a few years ago that I would be an Interior Decorator, I would have said *you're crazy!*"

Mrs. Faye C. Haynie
An outstanding LaSalle graduate from Madisonville, Kentucky



"Less than a month after I mailed my final lesson I was hired by a decorator firm. What makes my career so special is that I choose my own hours . . . and I feel so rich when I compare my earnings with what I used to earn," writes LaSalle graduate, Mrs. Faye C. Haynie. "If anyone had told me a few years ago that I would be an Interior Decorator, I would have said *"you're crazy!"*

/ou have a natural love for attractive homes, y don't *you* become an interior decorator? re's how one woman made her dream of a nderful career come true.

It seems only yesterday that Mrs. Faye Haynie Madisonville, Kentucky was working in a job didn't like . . . as a million other women do. Today, she enjoys a good income in an excit- career of her own . . . having the time of her as an interior decorator.

How did Mrs. Haynie accomplish this racle?

One day she answered an advertisement of Salle Extension University, a correspondence itution, describing the attractions of a career interior decorating.

When she realized how much fun it could be learn decorating in her spare time at home, e decided to enroll. That was the beginning of whole new life for her, and one of the reasons r her happiness today.

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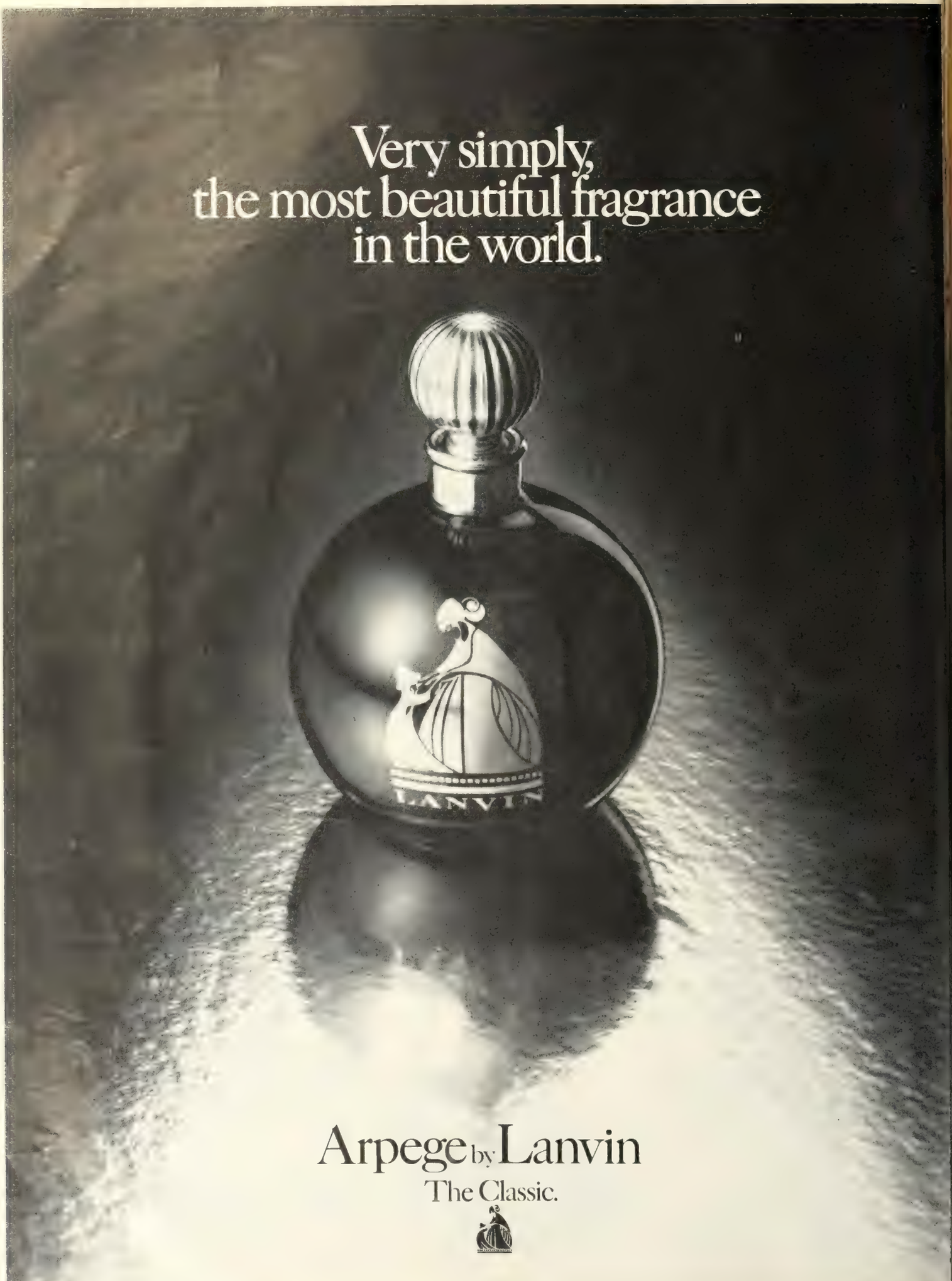


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Two of my younger friends—Tommy, 19 and Beth, 17—suggested the next two recipes.

Wheat-Soy Waffles

1 cup whole wheat flour
1 teaspoon salt
¼ cup soy flour
2 teaspoons baking powder
2 eggs, separated
1½ cups milk
3 tablespoons melted butter or oil
2 tablespoons honey

Stir dry ingredients together. Beat egg yolks, add milk, butter, and honey and blend well. Stir into dry ingredients. Beat the egg whites until stiff and fold them into the batter. Bake on hot, oiled waffle iron. Makes about 10 waffles. You can add ½ cup of chopped nuts folded in with the egg whites. From *Diet for a Small Planet* by Frances Moore Lappé.

Lacy Oatmeal Cookies

½ pound butter, melted
2¼ cups light brown sugar
2¼ cups regular oatmeal, not instant
1 teaspoon vanilla
1 egg slightly beaten

Mix together the melted butter, sugar, oatmeal, vanilla, and egg. Drop by the teaspoonful on an ungreased cookie sheet, allowing for 3-inch spread. Bake in a 350° oven until brown, 5-7 minutes. Cool the cookies. Makes 5 dozen. Contributed by Mrs. Richard Randall to the Walters Art Gallery cookbook *Private Collections*.

Rice Bread

2 tablespoons dry yeast
1½ cups lukewarm water
¼ cup honey
2 cups cooked, moist rice
2 tablespoons corn or rice oil
2 teaspoons salt
½ cup rice bran
5 cups unbleached flour

Preheat oven to 375°. In a large bowl, mix yeast, water and honey until dissolved and frothy. Thoroughly blend in rice, oil, salt and rice bran. Add enough flour to form a soft dough. Knead dough on floured board at least 15 minutes until smooth and elastic. Form into ball, place in greased bowl, cover with damp tea towel and set in warm place to rise 1½ hours or until double in size. Punch down, let rise again 40 minutes or until doubled and return to floured board. Knead and shape into 2 loaves, place in 2 greased bread pans and let rise until again double in size. Bake for 10 minutes, lower heat to 325° and continue baking 35 minutes. Remove from oven, let stand 5 minutes, remove from pans and cool on rack. Makes 2 loaves. From *Ricecraft* (Yerba Buena Press) by Margaret Gin. ■

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Preventive Medicine

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"Physicians can see that diseases we know to be preventable do not occur in the first place"

Findings and forecasts from Dr. Ernst L. Wynder, president and medical director of the American Health Foundation

By Caroline Seebohm

The expression "preventive medicine" is not very familiar yet to most people—but it looks as though it's going to become an important part of our vocabulary of the next decade. The reason it's beginning to make news is simple: As Americans know more and more about health, it's suddenly clear that *we can help ourselves* live longer and happier than we've ever lived before.

"Nobody takes better care of you than YOU!" is the slogan of the American Health Foundation, a nonprofit organization formed to advance the cause of preventive medicine. "We need a new approach to health care," says its president and medical director, Dr. Ernst L. Wynder. "In its idealistic sense, the physician should attempt to prevent illness in patients. We, however, equate doctors with sickness. Perhaps you know the probably apocryphal story that it was a custom for doctors in China to be paid when you were well—when you got sick, you stopped paying! I like to believe that disease really presents the first defeat of the medical art, and that we as physicians should see that those diseases that we know to be preventable should not occur in the first place. And this means that you, the people, must cooperate.

"For instance, we now know there are risk factors relating to cancer and cardiovascular disease that can be avoided—such as smoking. There are three ways to deal with this particular risk factor: (1) by telling young people (in particular) not to begin to smoke, which does not do much good for those people who believe that cancer or premature death from smoking will not happen to *them;* (2) by setting up smoke cessation clinics, to help those people who want to give up smoking but cannot do so by themselves; and (3) by making cigarettes less harmful. The American Health Foundation is concentrating on all these ways with some success—for instance, we have in this country today cigarettes that are less harmful than they were ten years ago, through reduction of tar-nicotine levels.

"In the area of nutrition we are also applying preventive measures. We concur with existing opinion that saturated fats and high cholesterol increase risk of arteriosclerosis and cardiovascular disease. But what we are now finding is that the high fat or high cholesterol diet also appears to be a risk factor relating to a whole variety of cancers—breast, colon, pancreas, and kidney, for instance.

"You don't take your car for granted. It has regular checkups. But you take your body for granted. We all have the illusion of immortality"

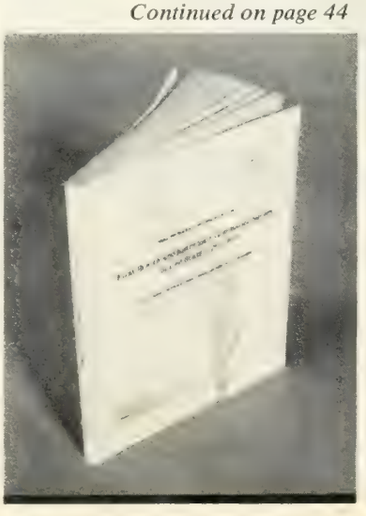
"Nearly everyone overeats, even those on a so-called normal diet—and we have to be careful when we use the word 'normal.' Many people confuse 'normal' with 'average.' What is average for Americans is not average for the Japanese, where cardiovascular disease and these cancers are relatively uncommon. Nor would they be average in Puerto Rico, where also these diseases are less common. We really need to know what 'normal' is. The normal cholesterol level might well be between 100 and 120 milligrams percent in the bloodstream of an adult individual, which we see rarely in America. Here the average is between 220 and 230 milligrams.

"One reason for this problem is that in the last 100 years we have become physically less and less active, and thus require fewer and fewer calories." A sign of the times: The recommended dietary allowances issued by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences are *down* in proteins and in calories, (see House & Garden, September 1975, page 112). "Yet as we become more affluent, we tend to eat more and more fat—in this century alone total fat contribution to total calories increased from about 32 percent to 42 percent, instead of decreasing. People will not exercise more—it takes too much discipline—so the only alternative is to cut down on calories, fat, and cholesterol. We are suggesting to the food industry to lower fat and cholesterol content in their food products. We are asking you, in fact, to modify your entire diet."

"In China, preventive medicine is emphasized because it saves the society money. We should be looking to that too"

Even the government has begun to take notice of the value of preventive medicine. The first Health and Nutrition Examination Survey, United States, 1971-2, undertaken by the National Center for Health Statistics, has just published its preliminary findings. This new program—the first of its kind—aims to establish a *continuing national nutrition surveillance system* that will measure the nutritional status of the U.S. population and provide an objective test of programs to improve that status. Preliminary findings, just out, reveal that "there is evidence of a deficiency with respect to the nutrient iron, based on both the dietary intake and biochemical data. This dietary deficiency occurs at all age levels and is not limited to persons in the below-poverty level group." The results also show that the biochemical iron deficiency is more

Continued on page 44



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"We are beginning school programs that teach children how to be aware of their own blood pressure, cholesterol count, etc"

Preventive medicine *continued from page 40*

prevalent in the younger age groups, something that would not surprise Dr. Wynder.

"Health care in children is a neglected area," he says. "We are beginning *Know Your Body* programs in schools, where we tell children how to learn about their body. We issue them a health passport, which records their own blood pressure, cholesterol count, etc. As children become more knowledgeable about the potential risk factors as they apply to themselves, they are much more likely to have better health habits."

The American Health Foundation is also interested in mini-checkups for adults in their place of work. "We send out allied health professionals to take blood pressure and cholesterol count, and fill out a health questionnaire to try and identify by these limited studies the high-risk patients, and zero in on them. The whole procedure takes less than ten minutes, and costs less than $10. Then if risk factors are found they can be acted upon."

Again, one of Dr. Wynder's preventive medicine ideas is now being taken up elsewhere: Gimbels department stores in New York have instituted a hypertension detection and treatment program for their employees at the stores themselves, and high blood pressure has been adequately reduced in 81 percent of the treated workers. The program was so successful that it is being extended to other organizations. Because the site of the Gimbels clinic was where the patients worked, much time and cost were saved—and the patients could work better.

"We are spending billions of dollars on illness," declares Dr. Wynder. "Yet we spend little on reducing these illnesses. If we did reduce them, what would be the economic saving to this country? In China, a great deal of emphasis is being placed on preventive medicine, because as a society they can save money that way. For economic reasons, we also should pay more attention to disease prevention."

Dr. Wynder envisages that the medical care of tomorrow will include a mini-screening—just as regularly as a motor vehicle. "You take your body for granted," he says. "But you don't take your car for granted. It has regular check-ups. We all have the illusion of immortality—'it can't happen to me.' Well, it's up to you to take the responsibility—remember, nobody takes better care of you than *you*."

Living in a world of increased knowledge and awareness about nutrition and food for health; with this new government program of Health and Nutrition Examination surveys; and with the work of the American Health Foundation in trying to modify risk factors relating to disease, perhaps at last we are beginning to understand the value of preventive medicine and practice it ourselves. It's our best hope for the future.

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

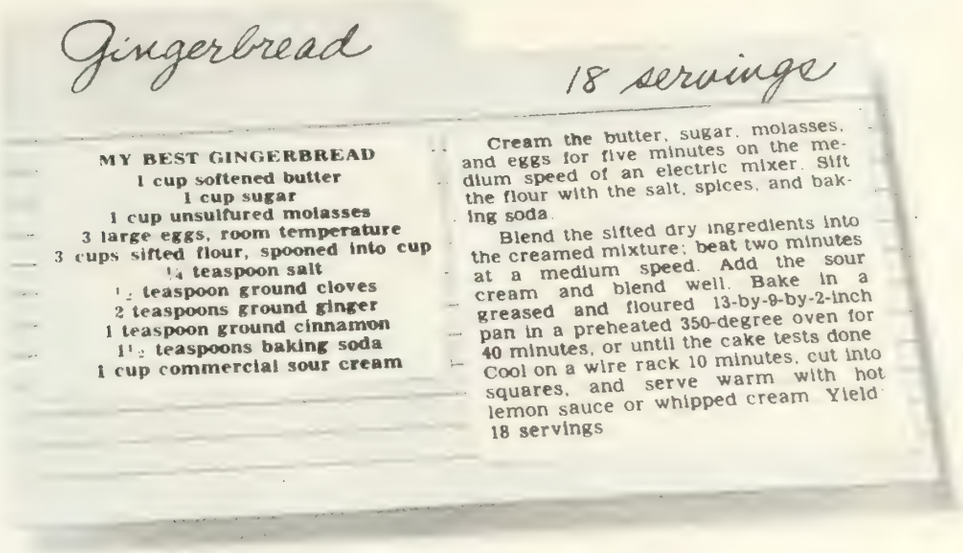
Crisp, fresh air, sunny skies, glorious color, and a spate of bright new fragrances greet us this fall . . . A subtle floral perfume called "*Jontue*" that's very young, very pretty from REVLON. Smaller travel sizes of cologne, spray cologne, body lotion, and dusting powder let you try it out. 5 ounces of cologne, $5.50 . . . Devotees of designer Stephen Burrows, who introduced red zigzag stitching and "lettuce" hems, will be delighted to learn of his latest creation "*Stephen B*," a complex of jasmine, hyacinth, roses, and touches of musk and amber. Like his clothes, it's a sleek scent and very sexy. One ounce of perfume, $40; ½ ounce in a perfume spray, $5.50; 1 ounce of perfumed oil, $7.50 . . . S-O-F-T is The Word to describe the aura of "Nuance" by COTY. Cool. Understated. A difficult scent to achieve because it's light yet long-lasting. Available in perfume at $40 an ounce; spray cologne, $5 and $6.50; 4 ounces of cologne, $7; and dusting powder, $5. And let's not forget the men. REVLON hasn't. "CHAZ" is a new scent with snap and pizazz, great for after sports. For starters a 1-ounce spray cologne at $3.75—goes all the way to 8 ounces for $14. After Shave up to 8 ounces for $12.

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Continued on page 48

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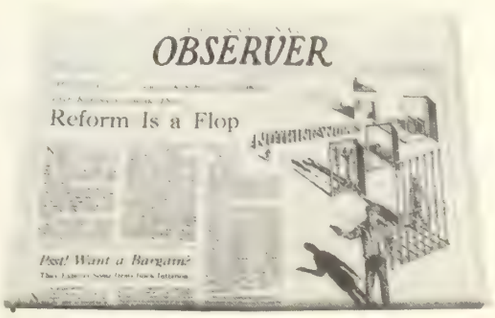
They find a newly discovered cause (and possible cure) for cancer as interesting as the development of a safe IUD.

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Please send me all advance announcements and catalogues of replicas to be issued by the Museum during the next 12 months. One dollar to cover mailing costs is enclosed.

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Beauty and health products

continued from page 44

for dry and sensitive ones. *Countess Isserlyn Special Treatment* goes over a perfectly cleaned and toned face *before* your usual moisturizer is applied. Day or night creams can do their jobs better by priming the skin. Set of four ½-ounce bottles, $35. At Saks Fifth Avenue; Neiman-Marcus.

FRANCES DENNEY . . . Your fingers need never touch *Super Penetrating Oil*. It's in a special container whose dab-on sponge-applicator tip does the job for you wherever you need super lubrication—forehead, bridge of the nose, neck, knees, elbows, even toes. It's a very thin, nonsticky oil that is so easily absorbed it takes only twenty minutes to do its stuff, whereas many other types of oil lubricants have to work all night. So there's never a slick film on the skin's surface. One ounce, $12.50. At B. Altman; Carson Pirie Scott.

HELENA RUBINSTEIN . . . Clean skin and how to get it becomes so much easier with help. *Fresh Cover Brush-On Mud Pack* is loaded with micro-fine minerals that cleanse pores, blot up excess oils, slough away dead surface skin. It's rinsed off with cool water, followed by a light facial massage, and more cool water. You can help but feel refreshed, look glowy. 2¾ ounces, $3.50.

MAX FACTOR . . . The Chinese look in fall fashion is one that works quilted jackets, wrapped head and leggings add color and style to age-old ways to keep warm. The *Oriental Flowers* in lipsticks, nail colors, eyeshadows and liners make-up and pressed powder complete the look. The color range from poppy bright to petal pale porcelain light. One new part of the collection is "Rice Powder White Geminesse Fresh Finish Enriched Pressed Powder." It's perfect for that look of a sheer veil of white. It's in an oversized, very thin compact with a large, you-can-really-see-what-you're-doing mirror inside. The enriched Pressed Powder also comes in translucent no-color for all skin shades as well as Fair, Medium and Deep. *Enriched Velvet Liner* is also a new member—one to use without water. It buffs on quickly and evenly in Teak Brown, Mink Blue, Velvet Green, Twilight Teal and Tender Black. Try them with *Enriched Velvet Shadows* like Spring Jade, Sky Blue Aqua, or Lotus Blue. All by Geminesse.

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WEEKEND EXCURSIONS

to whaling and trading ports, a very personal museum, games in a superdome, and new city vacation guide



Newport's Trinity Church, built in 1725 by Richard Munday. Design was influenced by the work of Christopher Wren.

Seaports and seafood feed the imagination on a leisurely New England weekend

By Nancy Richards

The look of the New England countryside in the fall is usually reason enough for a long weekend there. Then add to that the color of the leaves, the pleasure of buying fresh vegetables and late summer fruit from roadside stands. And the relaxation of stopping at a simple seafood restaurant for a long lunch of chowder, corn bread, and a broiled fish. Who needs more? This year, however, with everything since 1776 in special, loving focus, it would be a shame not to squeeze New England of every bit of history, architecture, and sea lore that she so richly offers. Choosing the coast and her seaports as a theme, I started off in New York with the first of the historic ports in miniature right under my nose. At 16 Fulton Street, on the East River, the South Street Seaport quarters several huge, floating antiques—a schooner, a sidewheeler, an old ferryboat, and the three-masted "Wavertree."

Once on the road, for me the major stop in Connecticut was in Mystic, in Rhode Island, Newport, in Massachusetts, New Bedford.

An outdoor maritime museum on the Mystic River at a point close to the Sound, Mystic Seaport is involved in preserving maritime crafts, gear, and art from the 18th and 19th centuries, when ships were the biggest industry of New England and much of the coastal population was either building them, fishing and whaling from them, or sailing them around the world in prosperous foreign trade. With the advent of the steam engine and in time of war they converted to other uses. Ships have always been built at Mystic; yachts and big fishermen still are. For about $3.50 admission you see a restoration, on about 40 acres along the river, that's filled with 19th-century commercial buildings found in a port, libraries of maritime topics, exhibits of small craft from all periods, and galleries full of handsome ship paintings—often of vessels built in Mystic. A beautiful wooden whaling ship, the Charles W. Morgan, restored as painstakingly as an old house would be, sits at the dock in the Henry B. DuPont Restoration Shipyard. The general store, built in 1850, was brought from Rhode Island along with its original inventory of ear trumpets, hoop-skirt foundations, tack, and canned goods now over 100 years old was a place to play checkers, n letters, and meet one's friends hear the news and it still radia the same cozy atmosphere. Ir shop nearby, it's hard to resis



Pre-Revolutionary house bu when Newport was a roaring and obviously successful seapo

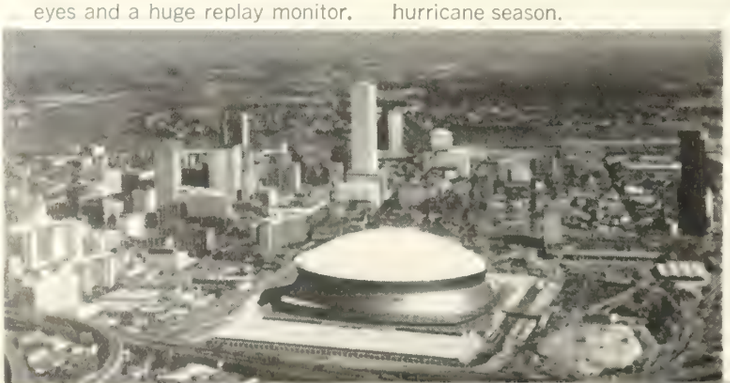
BEA



Harbor scene near the Ida Lewis Yacht Club in Newport. Flanking th flagpole (it must have been made from an entire tree trunk), a brace old brass cannon, still keeping their powder dry, look out to se

SUPERDOME IN NEW ORLEANS

Defining the pleasant proportions of three-story historic New Orleans and looming largely over it, the new Louisiana Superdome will be to that state what the sum of Carnegie Hall, Shea Stadium, and Madison Square Garden plus the Hilton Hotel is to New York. Like Houston's Astrodome, the Superdome is covered by a clear span (no posts) roof, the diameter of which is longer than two football fields. The area of the roof is almost 10 acres or the size of a small farm. It is completely air-conditioned and a six-sided system of television screens (26 by 22 feet apiece) suspended near the dome top gives every seat in the house both the experience of one's own eyes and a huge replay monitor. Specially designed to resist even hurricane gusts of up to 200 miles per hour, the Superdome is well worth visiting for a football game, a spectacular show, or a rock concert, even in the fall hurricane season.



NEW GUIDE TO 47 CITIES

Motorists have long enjoyed combining t countryside in the company of one or anoth of the various oil-company travel guid One of the best, put out by Mobil Oil, is six-part workbook-sized paperback series th covers the country inch by inch. Mobil has n come up with a *single* big paperback call *The City Vacation and Business Guide* whi covers our 47 biggest cities from eve aspect. Local street and airport maps are i valuable. Listings of Bicentennial even special museum shows, historic areas a what to see there offer ready-at-hand on source information to anyone who finds hi self in a new city with a few hours to spare on vacation. *The City Vacation and Busine Guide* is $4.95 at Mobil Service station many bookstores, or by mail from the Mob Travel Bureau, Box 25, Versailles, Ky. 4038

Mystic salt-water taffy, n treat, and some old- d lemon and pepper- nzibars. The idea of peppermint zanzibar, is better than the ac- e of a peppermint zan- he Seaman's Inne, the s restaurant, is a satis- cafeteria that serves a and apple concoction st course at lunch and isquey clam chowder. wonderful thing about t is that it has lived so ves and so much is left o see. In the 17th cen- was a seaport larger ew York. By the early ntury, the town was full sperous Quaker mer- craftsmen, artists, s. But when, after the occupation from 1776- alf of the population ny trading routes were d the War of 1812 did ven farther, something gan to evolve. With a r climate that was ap- to Southerners and s from the West Indies, rt began to attract sum- itors. Spreading across thernmost tip of an is- at runs the length of ansett Bay where the oast is full of coves and agoons, and wildlife, a mmer community be- develop alongside the und one that had been o long. By 1830 some r visitors had left the els for large rambling r cottages they began l for themselves. Long- and Julia Ward Howe mong the summer visi- was the James family ns, Henry and William. Wharton's *Age of In-* has a whole chapter Newport that in the nd 1890s began to at- me of the biggest, new- tunes in the country. an tycoons built the f houses referred to as s that were to rival the ir of most of the royal

(Continued on page 78)

MUSEUM ALIBU

orty years ago, John etty began collect- and, as his passion he ran out of space play what he had ed. The collections ting, sculpture, and re overflowed his s houses and after ne special annexes for them. Happily, of what Mr. Getty ught over the years v organized under of in a new museum sits on a hill over-

inued on page 233)

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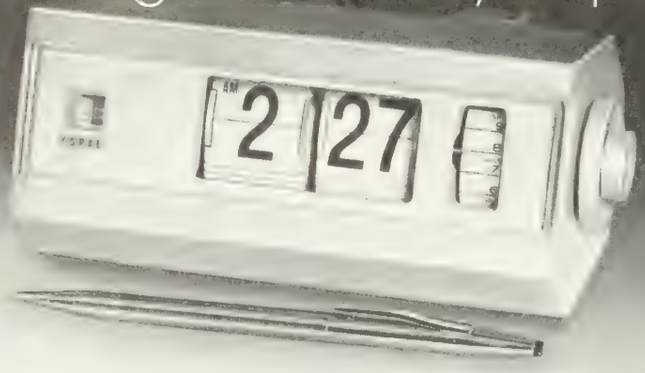
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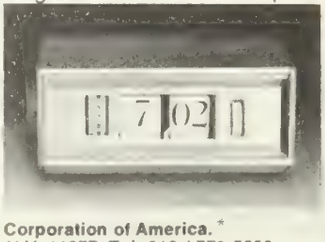
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questions & answers

Antiques

By Louise Ade Boger

"PRAYING JOHN" PLATE



The portrait on my plate of an old gentleman kneeling is labeled "Praying John, Ellis, Kansas." But the reverse side indicates it was made by A. Mulheim in Austria. Who was "Praying John" and what is the history of this plate?

W.W.O.—Niagara Falls, N.Y.

Praying John Horrigan, character of the little town of Ellis, Kans. in the 1870s became a living legend because of a ritual he performed three times daily, every day of his life: He fell to his knees in the tall prairie grass and prayed. A. Mulheim, a Swiss watchmaker and Ellis merchant, persuaded Horrigan to pose for the picture that was then used on the handpainted dishes imported from Austria and Germany.

VICTORIAN CHAIR

How old is my folding chair, and can you tell me anything about its style?

M.M.—Phoenix, Ariz.

Your Victorian chair with bamboo turnings probably dates from the 1870s. Some feel that "bamboo" furniture belongs to the Eastlake style, though it does not relate to his theories expressed in *Hints on Household Taste*. George Hunzinger, New York City manufacturer, propagated the popularity of folding chairs.





BAVARIAN DISH

From my rough sketch of the mark on a small, heart-shaped dish I own, can you give me any information about when and where it was made?—V.H.A. Washington, D.C.

Your small dish was made before 1891 at a porcelain factory that was started in 1881 at Arzberg, Bavaria by Carl Schumann. This explains the distinguishing initials ACS on your mark.

From the picture and marks I've drawn, can you identify my silver salt and spoon?

F.G.—LaCrosse, Wis.



NEW ENGLAND SALT AND SPOON



Your sterling silver open salt and spoon are of American origin, probably of very early 20th-century manufacture. The silver open salt was made by the Webster Company of North Attleboro, Mass., and the silver spoon was made by the Manchester Manufacturing Company of Providence, R.I.

Continued on page 56



The potion of love.

(and how it all began 450 years ago)

We know she was young. Blonde. Beautiful. And widowed.

But did she create the original Amaretto di Saronno as a thank you for her portrait? Or was it a gift to express affection for Bernardino Luini, the artist who painted her in 1525?

History has lost the answers—even her name—leaving nothing but Luini's stunning fresco in the Sanctuary of Santa Maria delle Grazie in Saronno, Italy. And...



...her romantic, intriguing liqueur. We still like to think Amaretto di Saronno is a liqueur that inspired a great love. It's something to wonder about tonight as you sip its intriguing, provocative bouquet.

Discover the many other ways to use Italy's rare liqueur of love in our free recipe booklet. Just write: Foreign Vintages, Inc., 98 Cutter Mill Road, Great Neck, 11021, New York, Dept. 001.

The original: Amaretto di Saronno.

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Three-on-a-lash.

1. The Roll-on Wand.
Perfectly placed on the tip to separate lower lashes, reach out-of-the-way corners.

2. The Brush.
Fluffs and separates with special spiral action.

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Curls and colors lashes with every stroke.



You've never put on mascara like this before. Or looked so great when you're done. The triple-action applicator lets you put on mascara like a pro. Fast, easy, incredibly perfect. And what a mascara it puts on! A creamy formula that's smearproof, wearproof, even waterproof.



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Levolor Riviera blinds come in 107 extraordinary colors. Geoffrey Beene liked one.

SEND 50¢ FOR A COPY OF "WINDOW MAGIC" TO LEVOLOR LORENTZEN, INC., HOBOKEN, N.J. 07030. TO FIND NEAREST DEALER, CALL 800-447-4700. IN ILL., 800-322-4400. BOTH TOLL FREE.

If you had to pick the fashion designer who invents the most unusual colors, it would probably be Geoffrey Beene. But it's not surprising that he designed an outfit in the exact shade of a Levolor Riviera blind. Because Levolor's color chart reads like a roster of designer colors. Dozens of luscious, exciting colors, ranging from gingham prints to polished aluminum (shown here, Pink #230).*

Of course, with blinds as in fashion, color is important. But style is equally important. And Levolor blinds are beautifully styled. The slats are thin, and elegant. Instead of an awkward tilt cord, Levolor uses the Magic Wand,™ a transparent rod that actually adds to the beauty of the blind.

Levolor blinds are also the most practical window covering yet discovered. They require virtually no maintenance. And the right choice of color can even cut down your air conditioning or heating load. (If there were a Riviera in every window, there might not be an energy crisis.)

Levolor Riviera fashion blinds. If Geoffrey Beene liked one, you probably will, too.

Levolor Riviera Blinds

Unsuccessfully imitated the world over.

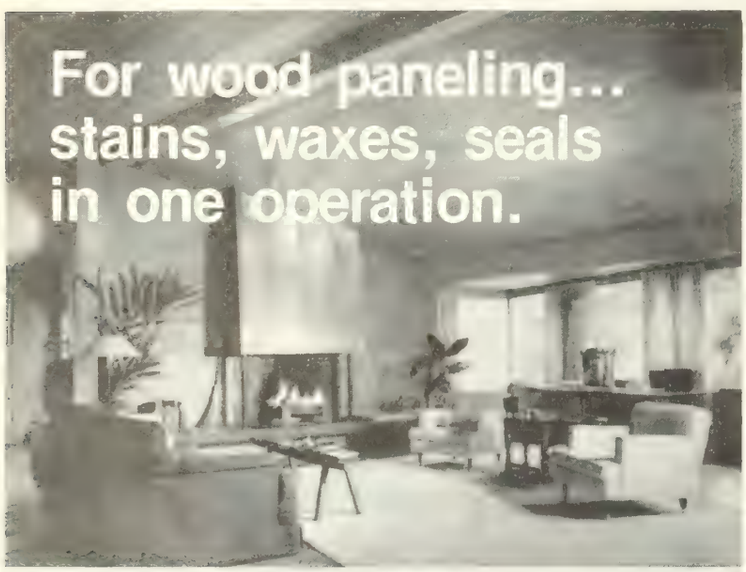


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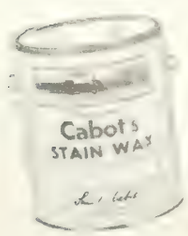
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Cabot's Stain Wax on woodwork

Cabot's STAIN WAX

Time was when wood finishing was a long, arduous task. Today, Cabot's Stain Wax does the job in a single application. This unique "three-in-one" finish, suitable for all wood panelling, brings out the best in wood, enhancing the grain and producing a soft, satin finish in your choice of thirteen colors plus black, white, and natural. When a flat finish is desired, use Cabot's Interior Stains.

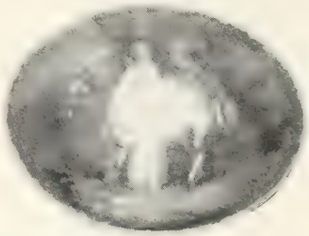


Samuel Cabot Inc.
One Union St., Dept. 1016, Boston, Mass. 02108
Send color card on Stain Wax & Interior Stains
Enclose 25¢ for Cabot handbook on Wood Stains

Antiques

continued from page 52

I bought this piece because I loved it, but I would like to know whatever you can tell me about it. G.Z.—North Miami Beach, Fla.





FRENCH VITRINE

Your vitrine, intended for the display of curios, mainly reflects the influence of the Louis XV and Louis XVI styles. It is probably of French manufacture, dating perhaps from the latter 19th-century when the vitrine was *de rigueur* in every fashionable Victorian parlor.



AMERICAN CAST-IRON BANK

Who made my bank? I've been told it's very old and quite collectible. What makes it so? L.R.—Pottsville, Pa.

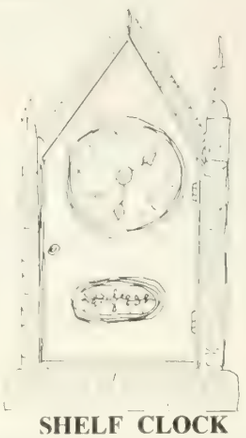
Your mechanical cast-iron bank, patented May 28, 1890 by John H. Bowen of Philadelphia and made by J & E Stevens Co. of Cromwell, Conn., is collectible. Rarity, attractiveness, and spectacular actions are important factors to collectors of banks. In your model, the clown rising on his hands and spinning around the globe has great eye appeal.

My vase looks Oriental but the bottom has Zsolnay and Pécs on it. Can you tell me anything about its origin and style? R.B. Jr.—Fayetteville, N.C.

Your reticulated vase illustrates the exotic Persian influence prominent in the work of Zsolnay of Pécs in Hungary about the 1880s. This kind of lace-like openwork, also found in Chinese Ming vases, was often called by the Chinese "Kuei" or "devil's work," because its delicacy seemed to them beyond the realm of human skill.

DEVIL'S WORK VASE





SHELF CLOCK

Our shelf clock was made by the Gilbert Mfg. Co., case patented by Geo. B. Owen. Can you tell us more? J.B.T.—Annapolis Royal, Nova Scotia

Your clock is the "Winsted Gothic Extra" model, probably made between 1868 and 1871. This model, in an 1878 price list, was sold at that time for $5.75. George B. Owen was a designer who became very influential in the Gilbert clock interests. The Gilbert Manufacturing Co. was active 1866-1871, when it was succeeded by the William L. Gilbert Clock Co.

The Women's Auxiliary of the Mint Museum of Art will present the Ninth Annual Mint Museum Antiques Show and Sale, October 3, 4, and 5, at the Park Center Auditorium, 310 N. Kings Drive, Charlotte, N.C.

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Remember Amaretto? From Torino in Italy—where people sit in cafes and ogle each other. Amaretto di Torino with a mysterious hint of almonds and apricots. With coffee or in coffee or any time.

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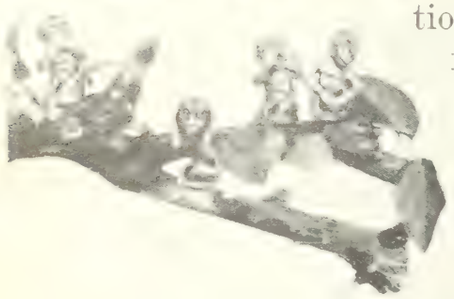


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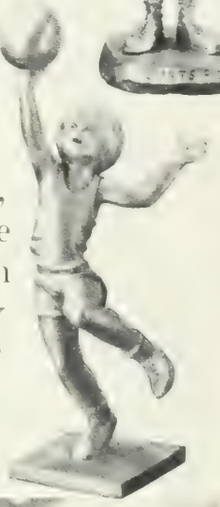
PEWTER

It speaks in patinaed tones to everyone, softly and with affection. It commands respect and admiration because of its tradition but it demands nothing. You can appreciate it for its beauty and yet be touched by the fact that you can touch it, wash it, fondle it. But, what had been merely a tradition, is now an innovation. In the sculptural figurines of our American wildlife; in the whimsy of the dentist at work upon his patient; in the carefree, rollicking approach to children at play, this collection of Hummelwerk pewter is uniquely true to its metal but shows the mettle of a whole new approach that is distinctly of our time, yet with the hand craftsmanship of the ages. The pewter jewelry (and there is a vast selection), has the look of museum pieces but the lark of wearability. Nothing can harm its beauty. It begs to be worn daily, by the male and female of all ages. Our pewter is not a genuine imitation, plated, filled anything. It's Pewter!















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ern Alps in the South Island of New Zealand, with Mt Cook prominent. Mt Cook – height, 12,349 feet.



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To New Zealand. The Land of the Long White Cloud. The land of the Drysdale Ram. The only home the Drysdale Ram has known. Because the Drysdale is a special breed of sheep developed by the famous wool men of New Zealand.

Drysdale. Bred to provide the fabled fleece long searched for by carpet makers of many lands. A fleece genetically developed to provide in even greater measure the natural advantages of pure virgin wool.

To fabulous Bremworth carpets, the Drysdale Ram endows greater pile strength, extra resilience, longer wear. And that's what you inherit in the dense, plush-pile carpet that is Bremworth Accolade.



From faraway New Zealand, 100% pure wool carpet sired by the Ram called Drysdale.

The search finishes beautifully.

THE ACCOLADE CARPET BY BREMWORTH

FABULOUS CARPETS FROM NEW ZEALAND



From the Drysdale flock we culled the best. The Bremworth Ram!

From the Bremworth Ram and his progeny you inherit the fabulous Bremworth Ambassador Carpet.

The Bremworth Ambassador Carpet. Take a hard look at its pile. Long and shaggy, with a deep and echoing colour. All the warmth and splendour of pure virgin wool. And with a secret that sets it apart from all the others.

The secret is that Bremworth have helped to breed a sheep whose fleece combines those qualities most prized in a carpet – sensuous softness and rugged resilience. This breed of sheep is called the Drysdale. From its flock we culled the best. A very special animal. The Bremworth Ram.

Selected New Zealand sheep stations rear and shear his progeny for exclusive supply to the Bremworth looms. No other carpet manufacturer in the world can claim to have genetically perfected a wool exclusively for carpets; nor to have the ability to control quality from the very inception of production. That's why the Bremworth Ambassador carpet is exceptional.

Its texture, vibrant tone and deep opulence charge any room with excitement and luxury.

Because of the Bremworth Ram, the Ambassador is as resilient as it is beautiful. Resilient not only against wear, but against fade. The Ambassador will live with you for a long, long time without losing either its heart or its colour. It comes in a range of rather special shades. And, we're afraid, at a very special price. But what would you expect for an almost magical carpet from the other side of the world? A carpet whose fabulous fleece decends from the pride of the Drysdale flock, the original Bremworth Ram.

THE AMBASSADOR CARPET
BY BREMWORTH.

FABULOUS CARPETS FROM
NEW ZEALAND

ROYAL BLUE AMBASSADOR 3/104









BERBER PASHA

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HOME IMPROVEMENT IDEAS FOR

The House Fixer

By Will Morris



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Neiman-Marcus



Polished aluminum track lighting

Silvery tubes of polished aluminum can now conceal ceili lighting tracks. Lytestruct tubular housings, 2½ inches diameter, enclose Lytespan wiring circuit tracks. Nine degree elbow sections and connector units enable a varie of overhead lighting patterns to be installed. The tubes a suspended from the ceiling by metal stems or aircraft cab through which electricity is channeled, and can be hung close as 3½ inches from the ceiling. The globular chro Lytesphere fixtures plug into the lighting tracks and can swiveled into various positions. Lightolier, Inc., 346 Cla mont Ave., Jersey City, N.J. 07305.

Home sentry smoke alarm

Early warning unit indicates presence of smoke or fire in the home in starting stage. A dual ionization system detects particles of combustion in air before smoke or fire is visible and sounds 85-decibel alarm until air is clear. An AC model ($39.95) is connected to the house wiring, has a signal indicator light to show it is operating. DC model is battery operated ($54.95 with battery) and has two devices to warn against a rundown battery: A red flag pops out until battery is replaced; a signal will beep for seven days until battery replacement. The 6¼-inch-square alarm is best installed on ceiling near bedrooms to alert you before smoke or fire spreads. Underwriters Laboratories listed. General Electric Co., Bridgeport, Conn. 06602.



Colonial style hardboard door



Molded from a single sheet of ⅛-inch-thick Masonite hardboard, this door facing (or doorskin) is an accurate reproduction of a six-panel Colonial design. Available to manufacturers for use on all standard-size interior doors, the six-panel "Colonist" facing is applied over both sides of the stile and rail framework of a door. It has a slightly embossed textu resembling wood grain, and a white priming co It is claimed that a door faced with "Colonist" is h the cost of a wood-paneled door and little more th that of a flush door. From Door Div., Boise Casca Corp., 875 Sherman Ave., Pensauken, N.J. 081 and West Coast Door Mfg. Co., 1710 Villa St., Mountain View, Cal. 94060.

Staple gun tacker



An essential household tool now, the staple gun has a multitude of uses. The heavy duty, all steel T-50 is fitted with a compression spring that drives staples into hard woods, plywoods, hardboard, wallboard, plastics, even soft metal. It can use staples ranging from 1/4 to 9/16 of an inch to install insulating batts and weatherstripping and to secure screening, wiring, fencing, acou tical ceiling tile, window shades, upholstery, and other objects. $15.9 Arrow Fastener Co., Inc., 271 Mayhill Street, Saddle Brook, N.J. 0766



Handsome hardware

"Modric," a comprehensive group of over 400 pieces of door and cabinet hardware and bathroom accessories is of British design and manufacture. In satin anodized aluminum, coordinated in styling, they've won numerous design awards. Shown are two square towel hangers, the smaller, 4½ inches at $20.65; the larger, 6 inches at $25. The door knob (A2501), cut away for easy grasping is $23.75 per pair plus $5 for each 3-inch-square mounting plate (#205). The lever handle (#3006) is $30.65 the pair; circular rose plate (#755) for each lever is $3.75. The Ironmonger, 446 N. Wells Street, Chicago, Ill. 60610.

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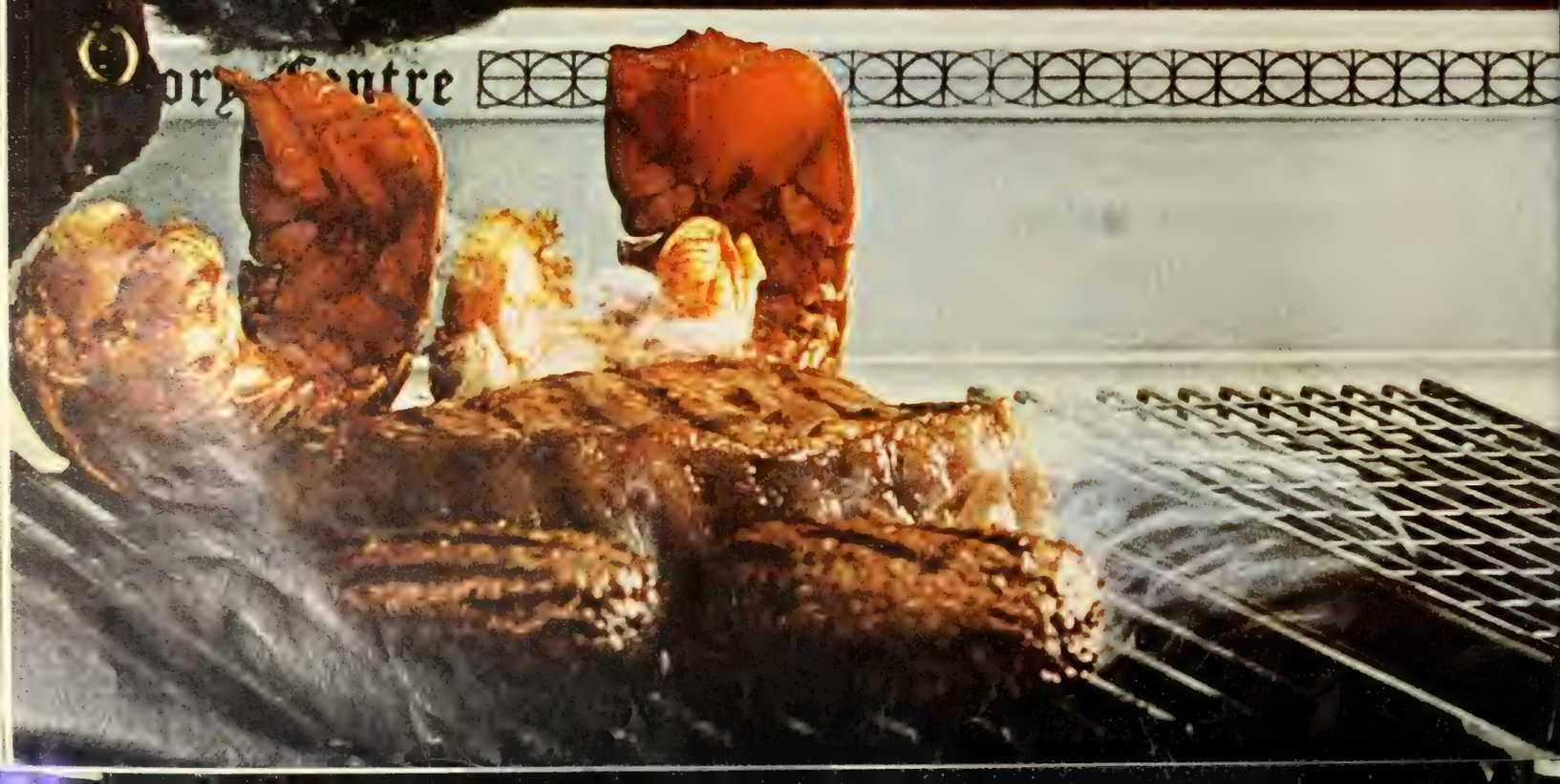
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Even this close,
the ventilator removes smoke,
spatters, and odor.

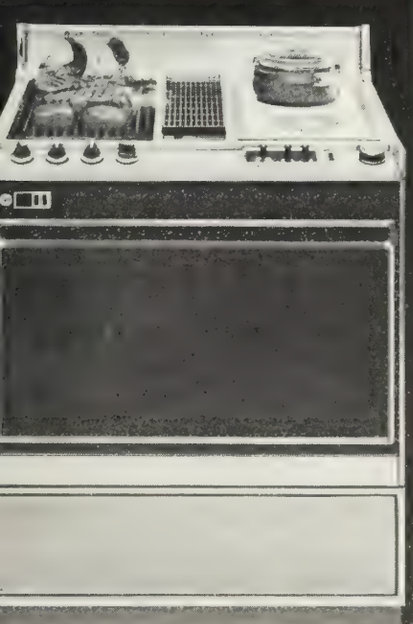


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NOTES OF A HAPPY HOUSEKEEPER

Little chores made easier

A versatile address file . . . wheeled luggage carrier . . . new paint remover and furniture polish . . . easy way to dust piano strings . . . new kind of air freshener . . . and other panaceas for household problems

By Mary Elizabeth Falter

I spent a rainy morning last week **transposing my out-of-date address book into a neat little card file.** I think this system works better than a book, because if there are changes to be made, it's a simple matter to pull out the card and make a new one. It's also possible to jot down special information, such as birthdays, anniversaries, summer addresses. I plan to make a separate local file, so that if we have a fairly large party involving written invitations, I can just go through the box and pull out the names I want.

Tom keeps a useful **travel address book.** He records the names of people, shops, restaurants, and services in the places we visit most often, as well as other special information. His book also contains the names of friends that we might want to write and important telephone numbers like those of our bank, broker, lawyer, doctor, pharmacy, optician, and other emergency numbers.

Many airports have curbside check-in for larger pieces of luggage, which simplifies the whole procedure enormously. But carry-on luggage can be a problem too—somehow all those little things you can't live without that you jam into the carry-ons at the last minute seem to weigh a ton by the time you walk through the long corridors of the airport, board your plane, and sink into your seat. We've found **a little, wheeled luggage carrier** that handles small bags very efficiently. Called Kart-a-Bag, it has a telescoping handle and it folds into a neat zippered case when not in use. When we arrive at the airport, we just unzip it, attach the slender handle to the little ledge that forms the base, and lash our two small bags—one atop the other—in place with the adjustable stretch-cord that fastens securely to a special hook. One of us pulls it along through the airport with little or no effort. It even rides the escalator smoothly. The base has 3-inch rubber wheels and stubby tip-proof legs that keep it steady when not in motion. The Kart-a-Bag is available in three models and you can get a folding container that converts it into a shopping or utility cart.

We've used **a marvelous paint remover** called Zip-Strip. It easily and quickly removes paint, old varnish, and stain from furniture, woodwork, boats, or any painted surface. It's nonflammable, but should be used in a well-ventilated place and not for prolonged periods of time. However, in most cases you don't need much time. Two of us applied it to a chest of drawers in about twenty minutes. Tom did the chest and I the drawers, spreading on the Zip-Strip rather thickly with putty knives. In about half an hour we were able to scrape the paint off down to the bare wood. I have even used it on badly crusted pans and broilers and Tom has resurrected hopelessly stiff paintbrushes by soaking them in Zip-Strip. It's made by the Star Bronze Company.

I'm still devoted to Republic Freezette's **freezing containers** that are useful for all sorts of things besides freezing. The wide variety of sizes and shapes—round, tall, short, square, rectangular, pie-wedge-shaped—makes them ideal storage boxes for use throughout the house, as well as in the freezer and refrigerator. Tom uses them for nails, screws, and small tools in his workshop. I use them for sorting and storing things in the kitchen, like skewers and the smaller parts of the meat grinder, for sewing supplies, and for arranging neatly all the little items that usually clutter the top bureau drawer. The new interlocking tops on the round containers are splendid, and all the containers are so sturdy they can be boiled or frozen and can go into the dishwasher without losing their shape.

I've found that **every houseplant has a personality all its own when it comes to being watered.** Some like to be lightly watered frequently and sprayed with a fine mist, while others—dwarf English ivy, for instance—seem to prefer having their leaves washed every few days under gently running water. Some plants should almost dry out between waterings (grape ivy and Swiss ivy are good examples), while others like to be kept damp but never flooded. This means a daily patrol with the watering can and sprayer, but it's worth it. If a plant really wilts from an accidental lack of water, the best way to revive it is to root soak it in a deep bowl of water for a few hours. This agrees particularly with flowering plants like chrysanthemums and begonias. We once kept a single white hydrangea bloom fresh and pretty for six weeks by soaking it about every third day.

I came across an **entirely new kind of air freshener** the other day and it's perfect for our pantry, which is beyond the reach of the kitchen ventilating fan and tends to trap cooking odors. Instead of a spray or wick, this freshener is a solid cake and comes in a little ventilated picture frame about 5 inches square. It's available in three scents. You can put any picture you want inside the frame, so we used a botanical print in our lime green frame. Solid Air Freshener, which is made by American Housewares, has done a good job of sweetening the air in our little cul-de-sac.

We sent for the piano tuner the other day—for the first time in two years. He found our old grand piano to be in reasonably good shape, although he does have to come back and make some repairs on the case. I asked him **what to do about the thick layer of dust accumulated inside the piano and over the strings.** He told us to take the vacuum and reverse the hose, gently *blowing* one small area at a time. Sucking up the dust with the business end could cause damage, he said.

We've tried **a new furniture polish,** Colgate's Wood Crafter, which we think is one of the best we've ever used. It comes in the usual spray can, but unlike some of its competitors, a little goes a long way. Made of a unique combination of carnuba wax and montan wax, it sprays on and wipes off, leaving furniture really clean and enriched. It also comes in a paste wax, which will shine wall paneling, plastic and tile surfaces, slate, marble, and stainless steel. Not for floors, however.

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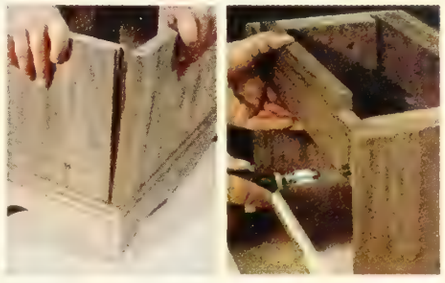
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made by the quality manufacturers listed below whose
messages in the following pages will help guide you in
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Great American Naturals

By Paula Rice Jackso

What are the Great American Naturals? Whatever's real. Polished, bleached woods, butcher block, peeled pine, ash burl. Wicker, bamboo, rattan. Handwoven fabrics like linen and cotton and natural colors—wheat, rice-paper white, or saddle browns and coppery earth reds. Natural textures like rough woven sisal, or soft, smooth wools. And the style can come from Colonial roots, on its way to the most modern and innovative American designs. Here's a sampling of great American decorating naturals ready to buy at stores across the country:

Patchwork suede in three colors covers a **rectangular sectional seating system** that's plumped with lots of tufted pillows. The suedes are in two shades of brown—a nutty walnut, creamy mocha—and a chamois the color of iced coffee. Side section is 99 inches long with a center section 60½ inches long, all 30 inches high. Sofa by Flair at Woodward & Lothrop, Washington, D.C.

Pale-finished pine freestanding **pewter rack** with four shelves has an 18th-century, slightly rustic flavor. Two top shelves have protective rails across the front which are flush with the rack's sides, so if you wish to put two together there is one, uninterrupted line of continuous shelf. The rack measures 81 inches tall, 44 inches wide, 31½ inches deep—deep enough for a wide variety of collectibles. It's from the "Continental Pine" collection by Century Furniture at Joske's, Houston.

A new all-cotton **fabric collection** called "Sturbridge Village" is derived from documented fabrics in the Old Sturbridge Village Museum in Sturbridge, Mass. One that's particularly bright and lively is "Fitch House Stencil," a red and blue stenciled flower on a creamy white ground. Use it to cover a chaise longue for an especially fresh look. Another is "Lucinda," a millefleur pattern of blue, yellow, and green on a chocolate brown ground. The fabrics are available by the yard and have been made into comforters, throw pillows, napkins, placemats, and lampshades. The fabrics, treated to resist stains and spills, are by Waverly and at B. Altman, New York.

A natural **oak folding table with storage for six folding chairs** inside its base is a lifesaver for small spaces. The table has two drop leaves so that it measures 20½ inches wide folded, 70½ inches wide opened. The chair seats are upholstered with cushiony polyurethane and the table has a sleek washable finish. All are by Moredi at Abraham & Straus, Brooklyn.

The "Maryland Colony Collection" by Brandt Cabinet Works was done in collaboration with the Maryland Historical Society and consists of some fifteen pieces produced from the originals at the Hammond-Harwood House in Annapolis and the Baltimore Museum of Art. A **pole fire screen** standing 57¾ inches high, has a piece of needlework inside its almost square frame that is the same design as the original. It's also removable so that you may insert your own work. The screen raises and lowers and was originally used to regulate the amount of heat coming out of the fireplace. Another piece in the collection is a mahogany, revolving, **tilt-top tea table** with delicate inlay work on its top. It stands on three legs and is 28½ inches high. The original pieces were finished with dark, earth-ground colors craftsmen mixed with oil and rubbed into the wood before applying a coat of beeswax. These pieces are finished in a considerably lighter shade as the colors have been ground to a powder and have been mixed with water which allows the wood grain to come through clearly. Most of the "Maryland Colony Collection" is at Woodward & Lothrop.

A rich, densely woven **cotton bedspread** with deep trapunto ribbing around the hem is new from Nettle Creek. In white only, it is a throw-style spread with a nubbly, handwoven look. Called "Casa Real," it's at Bayles Furniture, Rochester, N.Y.

An unusual **upholstery fabric for club chairs, a sofa, or armchair** —real wool melton. The fabrics, in plaids, solids, and stripes have a strong masculine look to them

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"A natural oak folding table with storage for folding chairs inside is a lifesaver for small spaces"

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that's very comfortable, clean, tailored, and sportsmanlike. The colors are soft grays, heather blues, cranberry, and forest green. Upholstered furniture by Hickory Chair at B. Altman.

Early Canadiana is represented by two groups of North American **country furniture.** One is the "Seigneurie Collection" and the other, the "County Museum Collection." Both are by Simmons and were researched by Jean Palardy, O.C., a well-known author and lecturer on early Canadian life. While both groups are spare, "Seigneurie" is the slightly more formal of the two, being derived from French furniture of the 1800s. Details are crucial to this group—the hardware has been imported and the chair seats woven from natural sea grasses. "County Museum" is more casual and the pieces have been faithfully copied from those in the Wellington County Museum in Wellington, Ontario. Whereas practically no nails are used in the "Seigneurie" group, square-headed steel nails are used here as they were plentiful in 1870 when the originals were made. One piece is a **spoon rack** which holds seven spoons and has a small spice drawer below. Another piece is a 52-inch-wide **dry sink** with two doors and a little drawer at the upper left for small bar or gardening tools. An optional metal liner protects the wood from ice and water spills. All the pieces in both collections are made of Canadian pine in a natural or slightly darker finish at Higbee's, Cleveland.

"Nation of Nations" is the name of a beautiful new collection of **sheets, bedspreads, and bath towels.** America is the melting pot for English, French, German, and Spanish textile designs found in the Smithsonian Institution. Adaptations for these designs, most of which are floral, are a part of the American Colonial tradition and blend beautifully with both traditional and modern furniture. One is "Flower Tree"—a pattern for a bedspread, of a flowering tree centered amid branches and growing from a stylized base. "Scalloped Chintz," its coordinated pattern for sheets and pillowcases, is a design of flowers and sheaves of wheat in a motif of successive mounds. These are the contribution to the collection from England, the designs having been traced to India. Everything is by Fieldcrest at Rich's, Atlanta.

Furniture maker Kip Cobur has done a series of **coffee table** made from stripped, bleached and polished tree trunks. The trunks have been halved, thei branches removed and reinserte to provide supporting legs. Th look is truly that of a tree, thoug it *is* a table. A double-ringed Wis consin cheese mold of butche block the color of maple syrup i the frame for a **mirror** that woul look as great in a pine-paneled kitchen as it would on a white washed stucco wall. Mirror an tables are at Abraham & Straus.

Four **chairs** make up the "Grea American Homes Collection"— homes of Presidents Washington Jefferson, Adams, and Jackson Each is stenciled in warm color against a bayberry green painte finish and signed by its artist. 197 has produced "Mount Vernon" and "Monticello" and in 197 "Old House" and "Hermitage" wil follow. The chairs are in a limited numbered set of fours by the Hitchcock Chair Co. and at Edward Keith, Kansas City, Mo.

A fantasy of clouds, hills, an trees in a rough woven cotton fabric designed by Jack Lenor Larsen covers all the pillows and cushions of a **semicircular sectional sofa system.** Outside, the sofa is upholstered in a solid persimmon cotton velvet as are the section bases; the inside cushions are patterned in umbered oranges, gold and soft taupe. Very colorful Two "quarter-of-the-pie"—shaped wedges serve as ottomans. The sectional sofa is by Flair and may be seen at Bayles Furniture.

Southwest American Indian-inspired designs make an interesting group of handsculpted, lighted **hanging planters and ceramic lamps.** The lights in the planters are "grow" lights which also happen to spotlight them. One planter is an earthy amber color with hanging straps of hemp interlaced with large terra-cotta beads. Another planter is one large shell with macramé hanging straps and smaller shells entwined through them. "Shells with White" is a 30-inch wide, 40-inch high **mirror** completely framed with over 2,000 shells collected on the beaches of the Pacific, placed on a wood frame for stability. All at The Broadway, Los Angeles.

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A beautiful recessed scalloped shell is revealed on opening the front of a magnificent, 92-inch-high **slant front desk and bookcase.** It's made of cherry solids and veneers and has three carved spiral finials at its top and crown. Up top is the bookcase with adjustable shelves and tiny drawers, and cubby holes. A small **five-sided Shaker table,** also made of cherry veneers, has a five-sided tabletop that looks exactly like a star, and an **eight-legged spiderleg table** made of a rare, buttery curly maple offers another example of the meticulous detail and craftsmanship that attends these modern reproductions of 18th-century pieces. Three sliding silver trays and drawers that lock are a part of a **yew wood sideboard.** Yew wood has a lovely, soft, golden color and is extremely hard and durable. The piece is long, 80½ inches, and narrow, 17½ inches deep. Four thin, absolutely straight legs carry it well. All these are by The Wright Table Company and may be seen and ordered at Woodward & Lothrop.

The natural straw color and rough texture of **sisal matting** contrast well with the wood floors, woodwork, and wood furniture. Meier & Frank, Portland, Ore. has a group of sisal patterns by Otto Gerdau.

Clean, fluid curves of natural rattan peel and split rattan wrapped around solid mahogany frames make up a 42-inch-wide **étagère.** Clear glass shelves lie neatly inside the curves letting the eye wander over its graceful lines. The étagère is from a group called "Sika," which includes a **stacking unit, shelf console, and shelf corner** so that an entire system of gently curving multi-level shelves can be put together. By Design Institute America at Strawbridge & Clothier, Philadelphia.

Bamboo, cane, and natural cork all framed with chrome for new bathroom countertop accessories . . . a rectangular **basket,** a **soap dish** with an acrylic liner, a **cup holder, tissue box,** and **boutique tissue box holders** by Style Built, also at Strawbridge & Clothier.

The natural power and clout of jewel-brilliant color has been put into a new collection of **rugs** designed by Wolf Bauer. Concentric sweeps of vermilion, scarlet, fuchsia, and purple come together in "Parfait," and shades of cerise, putty, and a rust brown shape an abstract blossom called "Serendipity." They have a pile of Acrilan and modacrylic fiber and may be ordered for size at Jordan Marsh, Boston. The "Art Deco" rugs are by Concepts International.

Finished log posts and open, diagonal dowels are the frames of a **sofa, chair, and ottoman**—all of it a light, peeled pine. The dowels are the back and side supports of the sofa and chair and give them a light, airy, but solid look. There is also an **armchair** with a leather seat and back pad that rests on a finished log frame. Taut leather armrest straps make the arms. Upholster the sofa cushions in a fresh white Haitian cotton for an ensemble of pine, leather, and cotton that's informal and very relaxed. The log post and dowel furniture was designed by Milo Baughman for Thayer Coggin and may be seen at Joske's.

Here are two new alternatives for collector's **rugs** that have a wonderful handcrafted look. The first are imported from Ireland by Weinberger and are basically geometric interpretations of southwestern American designs. The colors tend toward natural mineral colors such as iron red and slate blue. These are at B. Altman. The second group, "Pow Wow," are hand-hooked, washable modacrylic rugs colored in the more traditional black, white, and red with brown colorings of the flat woven, antique Indian rugs. The rugs are by A. Leon Capel & Sons and may be ordered in standard sizes at Joske's.

Two pieces for the bedroom in smooth, polished walnut and classic Shaker design: a **five-drawer chest** with small rounded drawer knobs and a **mirror** with four tiny knobs at its base just like the knobs of the drawers, though miniature. The mirror attaches to a wall peg (like a coat hook) through one of two holes in a walnut "tab" behind its top, so that the mirror may be raised or lowered. By Elmore Re

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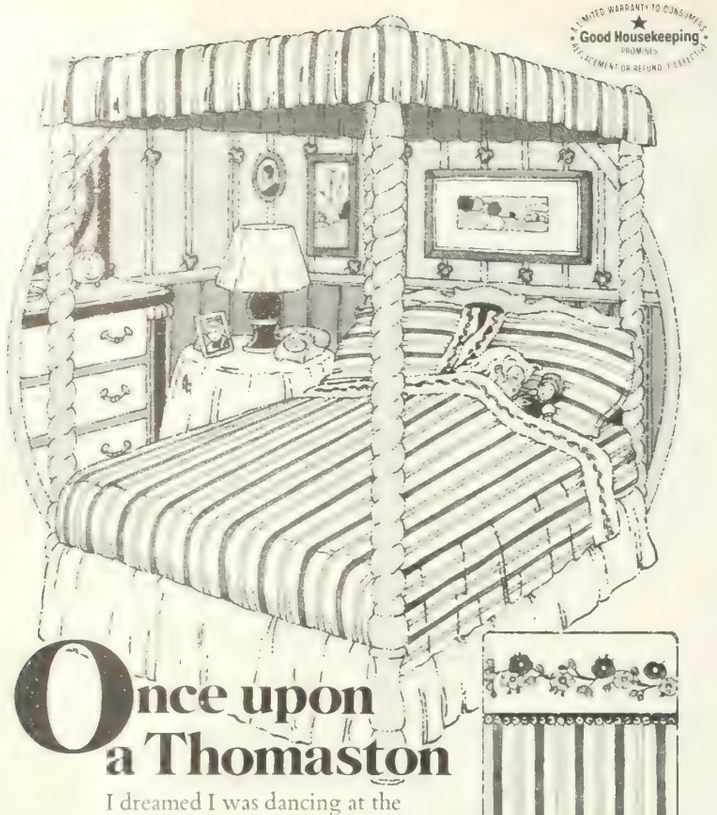
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"Textile designs in the Smithsonian Institution have been adapted for some new floral bed and bath linens"

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productions at Rich's.

A rich, dense, roughwoven linen look comes from three **upholstery cloths** that are all rayon. "Agria Fleece," "Utrera Linen," and "Ilone Alabaster" are each 54 inches wide in shades of sand, wheat, and cream. They're by Van Waters and Rogers at The Broadway.

Elm, the color of polished ivory and strong, supermodern rectilinear lines describe the "Patterns 36" collection, brand new this fall. The base of a **glass-topped dining table** and the frames of four **dining chairs** are built on full inch-thick slats of elm with full inch separations between them. The effect is clean and straightforward. Base and deck units as well as door panels on cabinets and chests have complementary right and left 90-degree angle plank design so an entire wall system can be put together that is geometrically balanced. "Patterns 36" by Founders Furniture is at Joske's and Jordan Marsh.

Split rattan, naturally finished, halved, and laid flat on its side gives two tables a surface that's gently rounded. The reeds are cut and placed on a solid mahogany frame in such a way as to make a large, elongated "X" in the center of each—a 28-inch-high **sofa back table** and a 38-inch-square **cocktail table.** The legs of the table are diagonally placed which gives them both a slightly hexagonal look. They're from the "Makati" group by Design Institute America at Strawbridge & Clothier.

Only flowers with naturally bright colors are used in **dried flower arrangements** at Eighteenth Century Bouquet in Princeton, N.J. Arrangements can be mailed in special papier-mâché boxes, then transferred to a 6-inch bowl or you can have a box of flowers, grasses and other ingredients to take home to work on. Mrs. Jean Clark, author of *The Art of Colonial Flower Arranging* (Pyne Press) and owner of Eighteenth Century Bouquet, will give demonstrations of flower arranging at Bishop and O'Neill September 24-27. Her book contains about 20 designs.

Oak and knotty oak herringbone parquetry cover top of 88-inch-wide **oval dining extension table.** Ladderbacked knotty oak dining chairs polished to a rich butterscotch complete group. Herringbone parquetry with oak mitered door panels is from the "Candlewood" collection by Century Furniture at J. H. Harvey, White Plains, N.Y.

Pen and ink drawings, which look as if they were really embroidered instead of sketched, patter a new **upholstery fabric** that's a cotton. It's a country scene of hill and trees, like toile, but muc more modern. Unusual colors, to —a sunset orange with red, or slat blue and a lighter blue, or the mos dramatic, emerald green wit black. The cloth is slightly glazed 48 inches wide, and called "Amer ica the Beautiful," by Bloomcraft.

You can design your own **fire tools, book ends, door latches, and irons, cabinet hinges, wall brack ets,** almost anything that can be hand-forged in steel or bronze. Steve Kayne, artist and blacksmith, can help you. Traditional shapes such as a heart, or a shepherd's crook, or an omega can be made into a set of beautiful tools, or you might choose a letter of the alphabet instead. Latches, hinges, and brackets are finished in Colonial rusts or flat lacquer black. Write to Steve Kayne Hand Forged Hardware, Smithtown, N.Y. 11787.

A classic of American Colonial design is a **mahogany folding card table** designed by Duncan Phyfe, the original of which is in the Coke-Garrett House in Williamsburg, Va. The table has a cloverleaf top and sits on a central, acanthus carved pedestal and three brass lion's-paw feet. When the top is closed, the table fits flat against a wall; opened, two feet slide forward to support the tabletop. The back crest rail of a sofa from the Federal era has inlaid bird's-eye maple inlay. "Federal" is new group of perfectly made, beautiful reproductions of pieces from the Colonial Williamsburg Foundation. All made by Kittinger. A large group of the "Federal" collection may be seen at Bishop and O'Neill, Ardmore, Pa.

Ash and ash veneers in a soft driftwood finish make a 54-inch-high **clothes chest.** It has six drawers and three swing-out doors for shirt and sweater storage. The drawer pulls have the look of antique brass and are recessed in their brass cases in much the same style as the traditional campaign chests. This one is from the Circa 76 Collection by Henredon and it is available at Meier & Frank. ■

We borrowed an old idea and came up with a new metal.

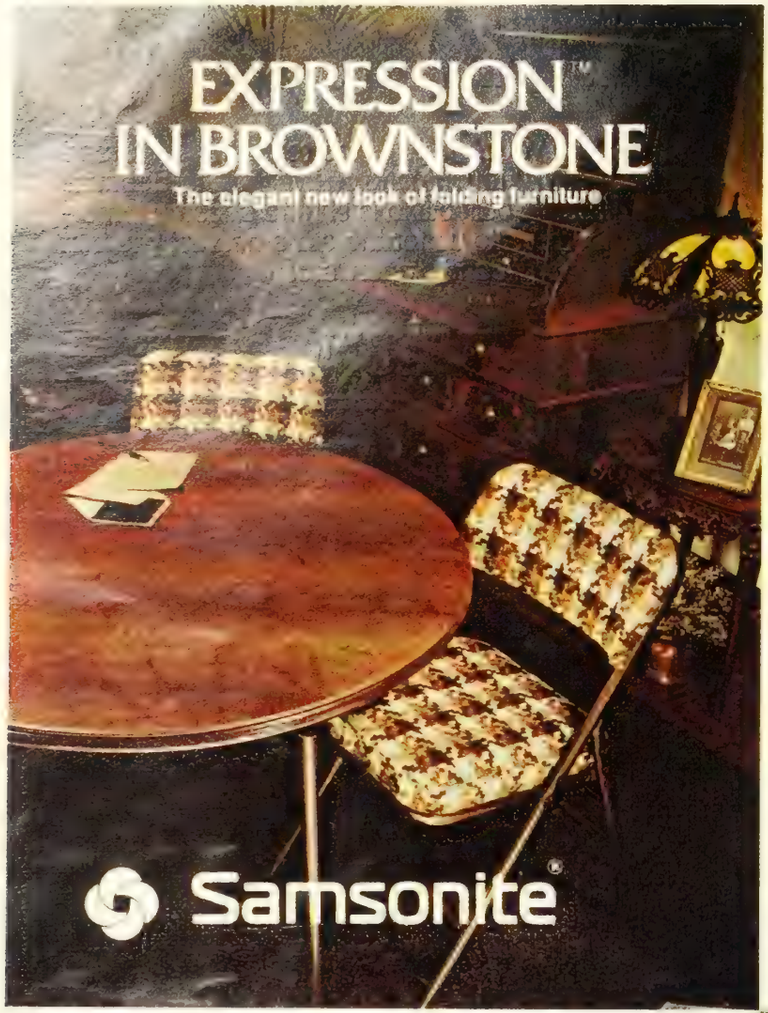
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Weekend excursions

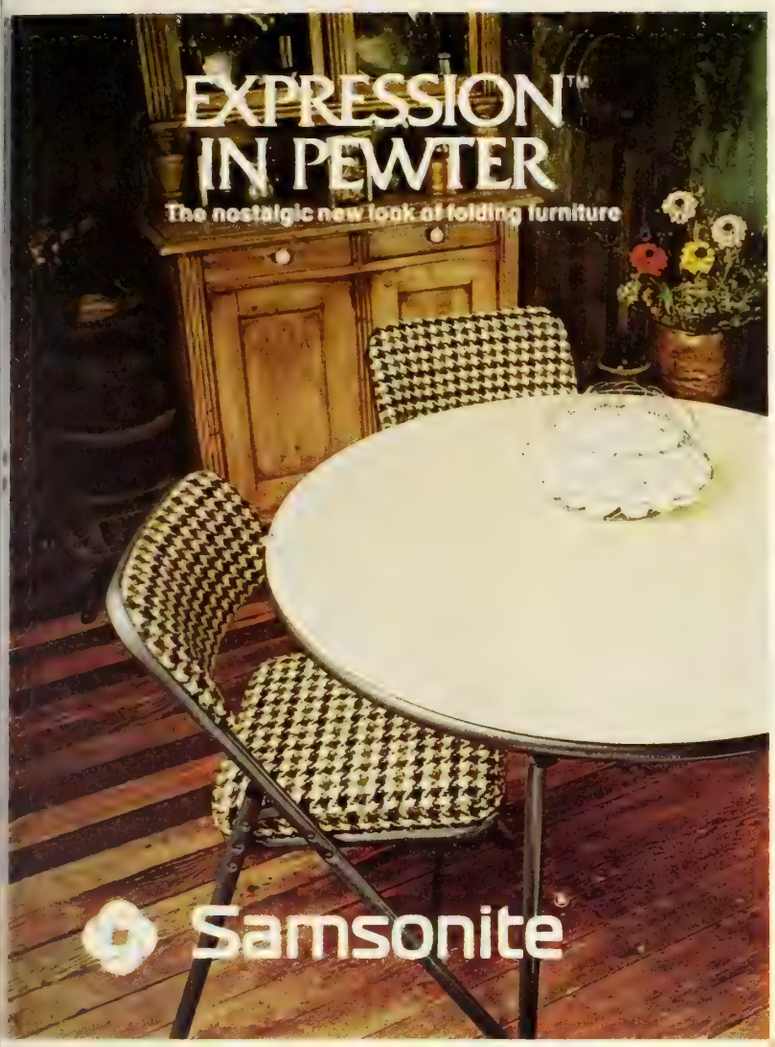
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summer palaces of Europe. Curiously, they were built one right next to the other on Bellevue Avenue, and for years the public's fascination with them has eclipsed other aspects of Newport's history. With all the construction going on in the 1890s the atmosphere must have been like that of a gold-rush town except that these were stone mansions that stand undiminished today and are open to the public. Other big houses are still owned by descendants of the original summer colony, some of whom now live in Newport year round.

Today Newport is a spectacular digest of American architecture of every period. The seafood restaurants are good and historic taverns still serve lunch and dinner. Visitors arrive by boat and car and if the America's Cup races are going on, the restaurants and nightclubs up and down the wharves are filled with the crews of boats from all over the world. In the fall, reservations are easily had at several motels and hotels with marinas that sit close together along the wharves. The Sheraton Inn on Goat Island is marvelous if you come by boat. The Treadway Inn, also near the water, is a gray-shingled motel within walking distance of Bowen's Wharf with its nightclubs and restaurants, antique shops, and the best of the Colonial house museums. The Chase and Chase bookshop on Thames Street sells a blue paperback guide to Newport that gives history, tiny pictures of houses to look for with a description, and a glossary of architectural terms in case you've forgotten about gambrel roofs. For me, the first stop was Trinity Church built in 1725 by Richard Munday. Said to have been copied from pictures of Christopher Wren's London churches, it is also meant to be influenced by Boston's Old North Church which was built about the same time. Newporters are still fond of getting married here. Simple, serene Colonial houses, some as early as 1690, are all around Trinity Church. Many of them have been restored and now are for rent as part of a program Doris Duke's Newport Restoration Foundation has for salvaging what's left that's good in the Colonial section. The Foundation's director, Francis Comstock, pointed out examples of the many houses that the Foundation has restored since the sixties. With its simple architectural details the house at 6 Cross Street was on Mr. Comstock's list as an example of late 17th-century dwellings and in that same category is 32 Clarke Street. The house at 33 Washington Street with a two-story gambrel roof, bold moldings, and windows with a pediment marks the period just before the Revolution when Newport was in full swing as a seaport. A beautiful example of a house of the Federal period is the Samuel Whitehorne House, built in 1811, which is open to the public by appointment with the Restoration Foundation. This brick museum is full of furniture from Newport cabinetmakers —kneehole desks, highboys, lowboys, furniture with a recurring shell motif—and wonderful quilts on the beds.

Near the Whitehorne House are two fish restaurants, the Pier and Christies, right down on the water. Both have their own moorings if you arrive by boat. The Pier serves, among other things on a long, long menu full of seafood dishes, something called Special Clambake. It comes to the table in a pot and is a combination of steamers, Rhode Island lobster, corn, and onions. Their ice-cream pie is a spectacular dessert. A short walk from the Pier is a block of Franklin Street that's full of antique shops. In the window of one I saw what can only be called a "set" of bedroom furniture, which was made in 1876 of turned maple but which looked just like bamboo—a tall chest, bed, washstand, chairs, and more, for $2,200. The Preservation Society of Newport County on Washington Square has a pamphlet listing antique shops and other pamphlets and brochures of interest. It has maintained for many years most of Newport's House Museums beginning with the Hunter House built in 1748, which is full of Goddard and Townsend furniture. Close by is the White Horse Tavern, built in 1673, the oldest tavern still in use in the country today. Its low-ceilinged, beamed rooms are full of rag rugs and contemporary primitive paintings of Newport scenes. There's a good beefsteak and kidney pie that comes in a casserole or a "pirate's" chowder full of potatoes, corn, and chicken all boiled with clams; or a pork and apple pie, served only at lunch. Also on Washington Square is the Brick Market by Peter Harrison, a Newport architect, built just after the time of Munday's Trinity Church. Here there are Newport crafts for sale, reproduction furniture and silver, blank pads put in tiny bookcovers with Newport scenes on them—perfect to leave by a phone. I bought a book called *The Newport Cookbook* by Ceil Dyer that's full of gossip and recipes dating from Colonial times through the turn of the century. There's a recipe for a New England boiled dinner—good, it says, if done on top of the stove in a pot today, but superb if cooked the old-fashioned way in a pot hung on a crane over an open fire in a fireplace. Another is the recipe for Rhode Island johnnycakes made from cornmeal and molasses, and an old, old for-





mula for Indian pudding, which is also a cornmeal and molasses recipe. Serve this one when it's still hot with vanilla ice cream. The author also includes menus and recipes from the days of the big cottages when the food was very French. Among them, a lunch menu of William K. Vanderbilt, served one day on board his yacht. It was not a light lunch.

Bellevue Avenue and the Ocean Drive represent the advent of Newport as a resort. Bellevue is more 19th century, with its stick and shingle architecture and the huge palaces of the 1890s. Ocean, a curving stretch of road along the Bay also has some wooden 19th-century houses but consists mainly of 20th-century versions of everything from French provincial houses to Italian villas. They are beautiful big houses in a setting of rocks, wild grasses, pheasant, heron, swans, and marshes filled with cattails. See them from the road or from the water on a boat —the Viking Princess is a little tourist ferry that starts from the Sheraton Inn on Goat Island and scoots along the route of the Ocean Drive from the water side. Two houses in particular look wonderful from the water. One, the Ledges, is an enormous stick-style house with a wide porch running round it—("stick style" means that the decorative wood or sticks reflect the houses' architectural frames). The other is the big house of Hammersmith Farm, an impressive shingled cottage with later additions. Many contemporary architects have admired the freedom of these big rambling wooden houses, as they seemed more organically American than the more grandiose Beaux Arts-inspired houses on Bellevue Avenue. It is this other group, however, that no one should miss seeing and that consistently draws busloads of visitors. The Preservation Society maintains these big houses and has pamphlets about their history and wonderful tips about how to interpret them. The guides are full of gossip about the original occupants—sometimes as interesting as the house itself.

For me, the two houses, the Breakers and Marble House, that Richard Morris Hunt built in the 1890s for two Vanderbilt brothers were of immediate interest. Marble House, which is marble indoors and out, cost $11 million to build. It borrows the grandest aspect of European houses—Italian marble, French ceilings with stucco reliefs, Gobelin tapestries, buhl furniture, grand staircases, huge marble mantels, Louis XV woodwork—even in upstairs bedrooms there are golden swags, alabaster, and gilt. The Breakers has seventy rooms grouped on four floors in the style of an Italian Renaissance palace. The great hall, that you walk into from the front door, rises two stories with a gallery on the second. Indoor fountains, columns, arcades, carved paneling, ceiling mosaics, vast fireplaces all fulfill in the most extravagant way every palatial fantasy in the history of architecture and decoration. Both of these houses were built for entertaining and must have looked incredible all lit up at night. They are open until November 16, from 10 until 5.

Rosecliff, the setting for Gatsby's parties in the recent movie version of *The Great Gatsby* is a relatively small house by Vanderbilt standards. It is full of light and it is said that Stanford White had the Versailles Petit Trianon in mind when he built it. The ballroom runs the width of the house and is see-through with windows all along either side. A heart-shaped staircase leads to a wide upstairs hall where sunny big bedrooms face the ocean and all the bathrooms have huge tubs. This white pleasure pavilion is perhaps the most livable, by today's standards, of the big houses. It was built for the daughter of Jim Fair, the man who mined the Comstock Lode.

There are two other buildings that can't be missed. One is the Tennis Casino, another of the McKim, Mead and White buildings in Newport, and an example of shingle architecture. It's one of the first of a new category of buildings which emerged in the 1880s—resort clubs. The other is the Redwood Library built in 1748 by Peter Harrison who saw pictures of Palladian buildings in books brought from England and so made his own temple-like library long before even Thomas Jefferson was interested in classical architecture. It's full of portraits, marble busts, and beautiful glass-topped cases for display of folios or bird prints.

New Bedford is under an hour's drive from Newport. The outskirts look like other contemporary New England towns but the further towards the water and the historic waterfront area one goes, the tinier and more charming the houses get. For the last few years, New Bedford has been in the process of restoring its downtown, an enormous task that involves rerouting traffic. Easiest way to explore is on foot. Park for 10¢ an hour in the Kerwin Parking Lot on Acushnet Avenue at Williams Street, about two minutes away.

In the heart of this renewal area, on Johnny Cake Hill, overlooking the water, is a remarkable whaling museum which in itself epitomizes much of New Bedford history, since until the 1850s it was a one-industry port. There, in a large main room, is the largest ship model in the world: 60 feet long and big enough to go on board. Every aspect of the whaling business, from log books, paintings of ships, spare-time art of the men who shipped out on whaling barks for

Continued on page 233

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IN HONOR OF...

the new State Department Reception Rooms, great American women poets, architect Walter Gropius and Isabel O'Neil, authority on painted finishes

State Department Americana Project

Having no crowned heads, the United States Goverment has no crown jewels, *as such*. But it has one of the greatest collections of American furniture in the country, some of it in the White House, where it is mixed with French and English cousins, and some of it in the State Department Diplomatic Reception Rooms, where its bloodline is pure Yankee and, from a cabinetmaker's point of view, pure blue.

It is also what might be called a bequest collection. Official funds are not available for prestige furniture, paintings, and decorative objects appropriate to the Reception Rooms, and it is only through the efforts of the Fine Arts Committee of the State Department and what is called the Americana Project that the rooms are so splendid. Everything in them has been given, loaned, consigned for purchase, or purchased outright by private citizens, and the fact that the collections are now valued at more than $8,500,000 is proof of extraordinary generosity. Equally generous have been contributions given to make the Reception Rooms architecturally appropriate to their furnishings. When you visit the Reception Rooms, you will see why the architectural changes were mandatory. One style had to be superimposed upon another.

The Department of State is housed in a modern office building of which the oldest part was completed in 1941; the newest

Continued on page 84



Philadelphia Chippendale secretary desk made by Benjamin Randolph in 1875. Finial is a bust of John Locke, English philosopher.





PAINTED FINISHES OF THE 18TH CENTURY

This is the title of Isabel O'Neil's forthcoming exhibition of her students' work, 1974-75 season. It will open on Monday, September 22, and run through Friday, September 26. Hours, 11 A.M. to 4 P.M.; place, The Studio Workshop, 177 East 87th Street, New York City. Mrs. O'Neil, *above*, is the author of *The Art of the Painted Finish*, a House & Garden book published by William Morrow in 1971. She knows whereof she writes. For almost twenty years she has been teaching the alchemistic art of turning a plain surface into a painted, fantasized version of everything from tortoise shell to lapis lazuli. She calls her finishes the "Great Impersonators." And that they are.

A salute to America's women poets

Most actresses, when they turn their talents to interpreting poetry, brush up on their Shakespeare, and play Juliet until it's time for Lady Macbeth. Not so Joan Fontaine, a lady who has lit up the silver screen to the tune of three Academy nominations, one of which turned into an Oscar, and to whom poetry is the music of the spheres. She can play Shakespeare any time she cares to, but she prefers to tour the country *reading* poetry rather than fluting it from a canvas balcony. Beginning this fall and ending next April, she will travel from New England to the Pacific in a performance of her own arrangement of verse called *America: Three Centuries Through The Words Of Her Women Poets*. She starts with Anne Bradstreet, our first New England female poet ("If ever two were one, then surely we."), goes on to Phillis Wheatley, African-born, sold on a slave block in Boston in 1761, eventually lauded by European royalty, and winds up with a battery of greats—Amy Lowell, Emily Dickinson, Edna St. Vincent Millay, Sara Teasdale, Marianne Moore, Sylvia Plath and many others, including Black, Indian, and Spanish-American women poets. "The idea," she says, "is to give the audience a vivid, scenic picture of America for the Bicentennial, as well as insight into the emotional and social growth of the feminine poetic personality." She is still trying to incorporate something of Dorothy Parker's. "She's difficult, but I can't leave her out. I don't know what she thought about the Grand Canyon, but she knew more about women than Freud."

How to

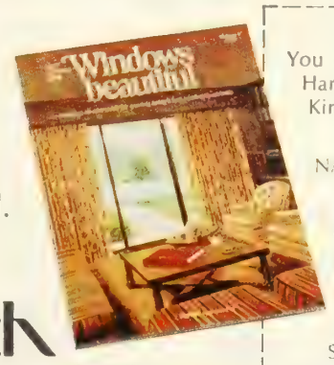
change the personality of a room without painting, wallpapering, laying new carpet, buying new furniture or spending a lot of money.







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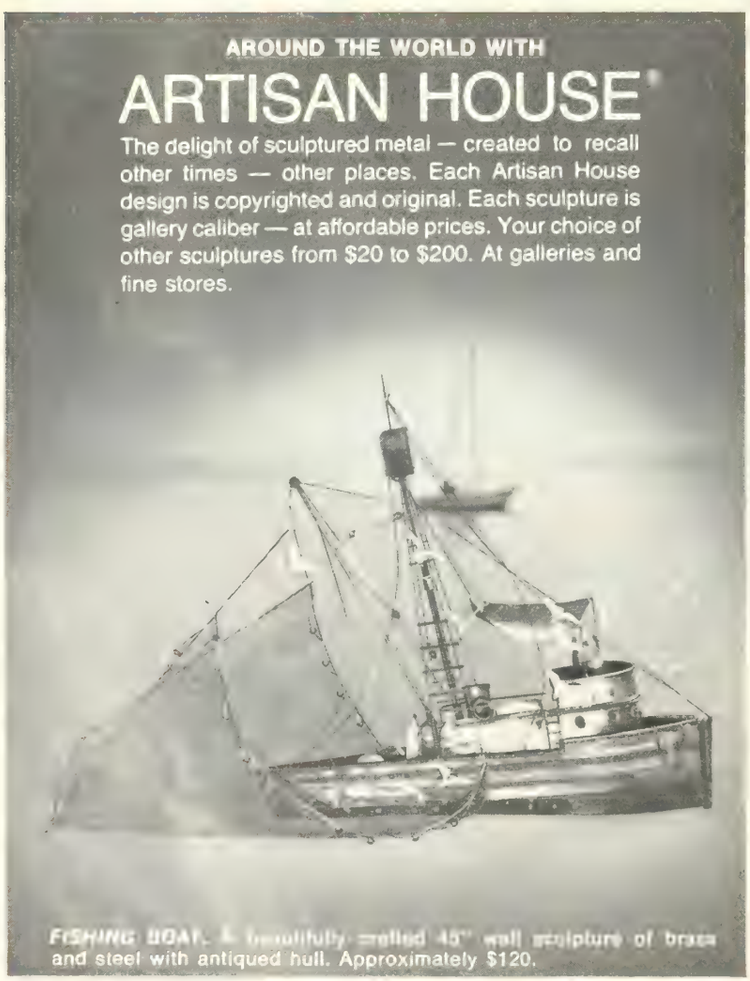
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Beautiful 18th-century rooms have been created within a completely modern building

Americana Project *continued from page 82*

(the building is now three times its original size), in 1961. It is just what it looks like, an 8-story office building designed for function, pure and simple. Some 7,000 people work in it, and it is not until you reach the eighth floor that you step out of a modern clickety-clack beehive into the 18th century. The shift of scene is such a leap backward in time that if you suddenly came upon Benjamin Franklin trotting down a corridor, you wouldn't be surprised. The rooms are settings for great ghosts—all benign.

The transformation was not just a question of "setting a stage." Business offices, as a rule, are pedestrian things. 18th-century drawing rooms were not. The problem, consequently, was not one of restoration (there was nothing to restore), but of taking an impersonal shell and creating within it a series of architecturally beautiful rooms true to the period of 18th-century American houses at their grandest. Ceilings had to be raised, new floors laid, paneling and fireplaces installed, moldings and pilasters and plaster ornamentation designed. A formidable, if fascinating, undertaking, and a costly one. To date, about one third of the work has been completed, including the three principal rooms—the John Quincy Adams drawing room, the Thomas Jefferson state reception room, and the Benjamin Franklin state dining room. Here are entertained kings and queens, prime ministers and foreign ministers, members of parliament, foreign and American leaders. The occasion may be a small luncheon, a formal dinner for 120 people, or a reception for 1,000 guests. There is space enough for almost any demand—very beautiful space, beautifully furnished.

As far as possible, the furniture is limited to the period between 1740-1825, and consists for the most part of major examples of American Chippendale, Queen Anne, Hepplewhite, Sheraton, and Duncan Phyfe. Of necessity, the rugs are Persian, Turkish, and Chinese. American rugs of the period (mostly of the braided rag variety) were not quite sumptuous enough for rooms of this elegance. The porcelains, too, are European or Chinese—a custom of the time. American potters were contentir themselves with simple tablewar not works of art. But all the silv is American, and superb, an with only a few exceptions, th paintings and portraits are b great American artists—portrai of early Secretaries of State suc as John Jay and Robert Livingsto by Gilbert Stuart; James Monro and James Madison by Thom Sully; Thomas Jefferson by Ba Otis.

The early and important por trait of George Washington b Gilbert Stuart is here, as are th Rembrandt Peale portraits o George and Martha. Most inter esting, historically, is the unfinish ed painting by Benjamin West o the Preliminary Treaty of Peac in Paris, 1782. It was supposedl West's intention to add the British Commissioner and the British Secretary to the group of signers but the two Englishmen neve made it. The famous "Treaty o Paris" tambour writing desk o which the treaty was signed sits i the John Quincy Adams stat drawing room, as does the tabl desk designed and owned by Thomas Jefferson, and on which he might very well have drafted the Declaration of Independence. With his usual ingenuity, Jefferson designed the desk with an adjustable lift-up top rather like an architect's drafting board. Because of arthritis, he was far more comfortable working erect than seated. Like a sensible man, he stood up.

The collection of museum pieces goes on and on. Only about half of it is owned outright by the Department of State. The other half is on loan, sometimes permanent, sometimes not, or on consignment from American business firms or private citizens, and can be withdrawn at any time *unless* it is purchased by a donor to the collections. They are princely gifts, obviously, but that is how great collections are built. On the other hand, a contribution of $250 will make you an Associate Member of the Americana Project, and the money will be added either to the acquisitions fund or the architectural improvements fund. You may also give a piece of American furniture of historic interest, a painting by an American artist of the period, a piece of 18th-century American

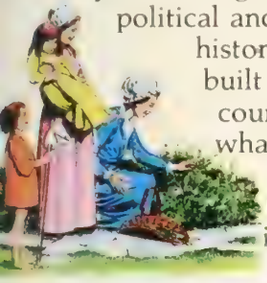
Continued on page 86

Our Young Republic Celebration

A Bicentennial salute to you.

eople of yesterday and today.

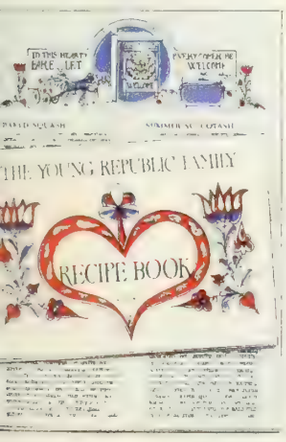
Their striking differences and surprising similarities. heir ways of living and common heritage. Not the political and military leaders who dominate history. But the everyday people who built and are building our country. That's what our Young Republic Celebration is all about. When your ll City Dealer announces it, ke the family. You'll all enjoy it.



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How they worked. ow they had fun. How ey kept food without cans refrigerators. What hool was like. You'll find any rarely told facts in he Jonathan Parrys," a arm, amusing picture- ory book of a Young public family.

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Walter Gropius believed in "fulfilling regional conditions, not international precepts"

Americana Project

continued from page 84

silver, old imported porcelain, or an antique Oriental rug. The Fine Arts Committee, naturally, reserves the right to determine whether or not your gift has a place in the collections. Whatever the form of the donation, it is tax-deductible in the year in which it is given. What more appropriate time than that of the Bicentennial? All inquiries should be made to Mr. Clement E. Conger, Chairman, Fine Arts Committee, Room 8213, Department of State, Washington, D.C., 20520. Telephone: 202-632-0298.

A visit to the Reception Rooms may help you to determine exactly what kind of donor you would like to be—if you feel the impulse to be one. The rooms are open to the public by making reservations with the Tour Office, which you may address at the Department of State, Washington, D.C., 20520, or telephone at 202-632-3241. It is wise to name more than one day for your visit, since the rooms are closed on the days they are in use for official receptions.

Great architect, timeless house

Considered the most potent architectural force of the 20th century, Walter Gropius has been rightly called "one of the few actual inventors of modern architecture." Educator and social philosopher as well, he founded in 1919 the renowned Bauhaus School at Weimar, Germany, designed buildings all over the world, and from 1937 until 1952 was Professor of Architecture and Chairman of the Department at the Harvard Graduate School of Design. The first building he designed in the United States—after close consultation with his old friend, Marcel Breuer—was his own home in Lincoln, Mass., not far from Cambridge. Built shortly after 1937, the house succeeds in blending what was then considered architectural oil and water—New England tradition and a contemporary means of expression (it was shown in House & Garden in 1949).

Its materials, although handled in a highly inventive way, are all indigenous and familiar. Dr. Gropius refused to use anything that could not be obtained either from an American building supply house or catalogue. He believed in "fulfilling regional conditions rather than international precepts," and he never broke his rule.

The house is still occupied by his widow, who recently offered it, complete with its original furniture made in the Bauhaus workshops, to the Society for the Preservation of New England Antiquities. (In mint condition, the house today looks about as antique as a new penny.) But before the offer can be accepted, the Society must establish through gifts an endowment fund of $500,000. Museums, to endure, must be nurtured. Former Dean of the Harvard School of Design, architect José Luis Sert heads the campaign. Should you wish to contribute, checks should be made to SPNEA/Gropius House Fund, 141 Cambridge Street, Boston, Mass. 02114. All gifts are tax-deductible.

In due time, depending on public response, the house will be open as a museum. Mrs. Gropius will remain in residence and will act as curator. In the interim, she is always happy to show the house by appointment to architects, designers, and students who would like to see how Bauhaus principles can be adapted to the New England environment—and *work*. ■



North side of the Walter Gropius house with two of the architectural elements of which he was particularly fond: an outdoor spiral staircase, and a wall of glass brick to protect the entry way.

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Left: The English Regency period rules tastefully here in this table lamp. Applied ormolu leaves finger an urn of fine ivory enamel. 37″ high. About $189.

Center: The church is the inspiration for this aristocratic British triform candlestick. The golden English old brass finish highlights the strong, noble lines. 32″ tall. About $134.

Right: This candlestick, modeled on 18th century Tibeto-Chinese creations, exhibits the "simplicity" that made the Orient famous. Golden distressed old brass finish. 39″ high. About $139.

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"To add insulation . . . start with the ceiling, since savings count most there"

Keeping heat inside

continued from page 16

to do yourself, and only foam will fill a wall without air pockets caused by nails, crosspieces, pipes, and wires (the consistency of urea-formaldehyde foam—like stale sponge cake—makes it possible to cut it away from wires and pipes if necessary). Rigid insulation can be put on under siding, if you happen to be residing. Or it can be installed inside between furring strips, then covered with gypsum board—but moldings will probably have to be replaced to fit the new wider wall. One-inch wood paneling adds a little to the R-value of a wall, but the insulating value of plywood panels is negligible.

Basement walls should have at least 2 inches of waterproof insulation installed from the top of the wall to a point at least 2 feet below the outside ground level, unless the basement is used for unheated storage. Then the ceiling between basement and living space should be insulated. If your basement is damp because of condensation (not because of leaks), insulation will turn it into a livable space.

In deciding what to do about your insulation, two government publications can be of help: "Retrofitting Existing Housing for Energy Conservation: An Economic Analysis," by Steven Petersen, National Bureau of Standards Building Science Series 64, $1.35 (C13.29/2:64); and HUD's "In the Bank—Up the Chimney," $1.70 (023-00-00297-3). Both available from the Government Printing Office, Washington, D.C. 20402.

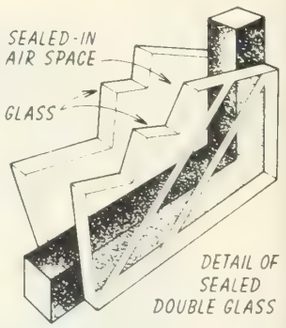
Doors and windows

There they are, openings to the cold, cold world outside, accountable for a frightening amount of the heat loss from a well-insulated house. An insulated wall may have a value of R-13 or more; a single-glass window is only R-.88. Look at yours carefully. If they are h thieves, you can add on, bolster or decorate them to make th hold heat better.

Adding on. Insulating windo two panes of glass sealed into sash with an air space betwe them, can cut heat losses in h Separate storm windows do a lit better than that, because of greater air space between the pa of glass. Double-paned windo plus storm windows—triple gl ing—cut heat losses by two-thir

Wooden frames are better he savers than metal frames. If b storm windows and sashes metal, you can cut heat losses you separate them with a thern break, a strip of wood, plastic, foam between them.

For temporary savings wh



The wider the air space, the mor it insulates. Weather strip betwe sash, storm window helps.

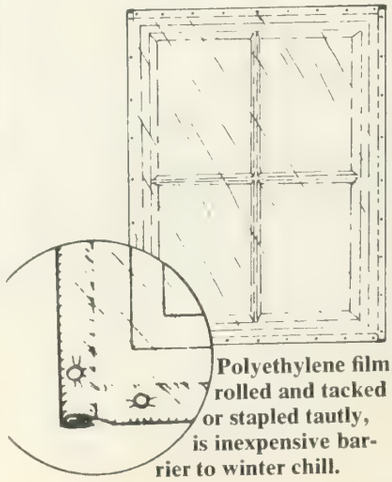
you work out a permanent sol tion, plastic film will work. B 6-mil polyethylene rolls—m construction-supply stores ha them—or storm window kits. C the film several inches larger th the window. Roll the edges f strength, then staple or tack fil through the roll, around the wi dow frame, leaving as little sla as possible. If you put it outsi the plastic will last for one wint Inside, it will last longer.

Vinyl film is more expensiv but it is clear, and has an estimat life of three to five years.

A wooden storm door, even if is half glass, will cut heat loss through the door in half. A stro spring closer on the storm do saves heat in two ways—it insur a closed door and it discourag lingering in the doorway.

Even better than a storm do is a storm porch, an unheated e closed space outside the main do that can also be used for boo caps, skates, and snowy mittens. you can, plan to have the stor door to one side rather than rectly in front of the main door.

Bolstering up. Check the ar around your windows and doo for cracks before it gets any colde



Polyethylene film, rolled and tacked or stapled tautly, is inexpensive barrier to winter chill.

Most caulking must be done when outside temperatures are above 50°, so if you find cracks where any two materials meet, caulk them now. If the cracks are large, fill them first with oakum, then caulk. (Do not caulk the drainage holes usually found in storm-screen combination windows.)

Weatherstrip, paying particular attention to the sills of your doors. Consider using masking tape or fabric-backed heating duct tape to seal any windows or doors that will not be opened during the winter.

If you're sealing off an exterior door that has a storm door, you can insulate the space between them with batts. The unfinished sides of doors to unheated attics or basements can be covered with insulating particle board.

Remove the screens from all windows that receive winter sun. The wire mesh blocks a surprising amount of heat.

Decorating. Tightly fitting shutters and curtains are energy-saving friends. Heavy curtains, particularly if they have closely woven linings—the kind that keep them from fading in the sun—can reduce heat loss by a quarter, according to Spies, Konzo, Calvin, and Thoms in *350 Ways to Save Energy (and Money)*, if they are kept drawn after it is dark. But in order to work as heat-savers, curtains must be tight to the window at sides and top. Otherwise, heat near the ceiling of the room will be dumped over the top of the curtain into the cold space against the window. Paste and sew strips of Velcro to edges of window and curtain, and press them together at night. Consider equipping the curtain with a valance that is closed on top. Consider making the valance deep enough that you can put tubes of fluorescent light (it uses far less electricity than incandescent bulbs do) along it, either to wash down the curtain or to reflect from the ceiling.

Shutters and insulating panels can make windows nearly as heatproof as walls. The R-value of hinged shutters or panels can be improved by pasting rigid insulation to their window sides. Make your own insulating panels. Four layers of corrugated cardboard, pasted on plywood with a white glue such as Elmer's, make effective insulation, say Eugene and Sandra Fulton Eccli in *Save Energy: Save Money!* Swing the panels from the ceiling, or put them on tracks to slide across the windows at night. Paint or paper them, or cover them with fabric, or mount mirrors on them. One warning: If your insulation is polystyrene or polyethylene, remember that both give off toxic fumes in a fire and therefore must be covered with a nonflammable material. ■



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The Great American Naturals

SPECIAL BOOKLET OFFER

Many of the manufacturers of The Great American Naturals seen in this issue have produced brochures, catalogues, and portfolios about their collections, with various styles illustrated and detailed information given. The attractive, useful booklets, shown and described below, can be ordered directly from House & Garden to help you in your home decorating planning. Just fill in the coupon at the bottom of this page, indicating the booklets you'd like to receive. Your requests will be filled as promptly as possible.



1. HOW TO MAKE YOUR WINDOWS BEAUTIFUL, VOLUME V. New book with 132 color pages of inspiring room settings. Suggestions for all types of window treatments. Solutions for problem windows, plus easy measuring instructions for draperies and drapery hardware and the how-to of making basic types of treatments. Kirsch Company. $1.50



2. DECORATIVE FURNITURE BOOKLETS are tucked away in a miniature box. Styles include French, Italian, Early American, Oriental, Contemporary. Desks, tables, cabinets, sofas, chairs, love seats, commodes, curios are shown. Hammary Furniture. $1



3. LUXURY FOR YOUR WALLS. Full-color brochure features the refreshing designs and distinctive color ways in the exciting new Folio Collection from Albert Van Luit. There are many inspiring, accessorized vignettes, which illustrate ways these wallcoverings can enhance the most beautiful rooms in your home. 50¢



4. "PRIMER OF EARLY AMERICAN HOME DECORATING." A 128-page, 9¼" x 12¼" hard-cover decorating guide filled with practical suggestions. Includes a room-planning kit, decorating ideas galore and illustrations of the entire line of Young Republic hard rock maple living, dining and bedroom furniture. Plus over 200 lamps and decorative accessories. Tell City Chair Company. $3



5. COMFORT AND BEAUTY COMBINE in reclining chairs and sofas by La-Z-Boy. Choose from the many styles available in beautiful decorator colors, fabrics, or vinyls, in reclining chair and new Sofette, the reclining sofa.



6. FOR "OVER 50 YEARS" Hekman has been making first-quality design furniture. Eighty page booklet is generously illustrated with pictures of skillfully executed, elegant crafts manship. This booklet includes selections from Country Kent, Trade Winds, and Normandy collections plus many others. Detailed measure ments are given for each piece described in the brochure. $1

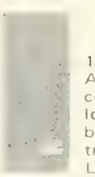


7. "HOW TO BUY A COLONIAL CHAIR" —illustrated brochure of Nichols & Stone chairs shown in traditional settings. What to look for in styling and construction in Early American chairs.

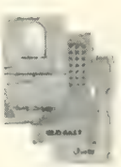


8. AN ARTISTIC OFFERING . . . full-color brochure outlines available metal sculptures and other distinctive objects created by Artisan House, Inc. Each piece is handcrafted and individually signed—shown at galleries and fine stores.

9. DISTINCTIVE FURNITURE BROCHURE illustrates individual pieces from the Weiman Company's many selections of period designs from the Chardonay collection. Brief description of collection and style numbers given.



10. AN EXTRAORDINARY CHAIR to come home to and relax in—the Barca-lounger 3-way recliner. Full-color brochure shows a variety of styles for traditional and contemporary settings. Loveseat and rocker included.



11. FUNCTIONAL ACCENT FURNITURE. Three informative brochures illustrate and describe the multiple styles of functional accent furniture. Groupings include: Burnt Chimneys —a collection of authentic Early American styles; Charter—a collection of classic styles in Bianca finish on printed burl; and Old Salt—a group of nautical inspired designs reflecting a tradition of the sea. Gravely Furniture Co., Inc.



12. PANELING IDEAS. New 6-page, color brochure from the Masonite Corporation illustrates and describes their new Pecky Cypress Design paneling. There are four colors in the new series of interior wall panels—white, golden, brown and gray. Installation instructions are shown on back of booklet.

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At the 1909 Syracuse County Fair, Mr. Willard Hadlock (A) became so incensed when the blueberry pie baked by his wife (B) did not win first prize that he hurled the pie at Judge Klugman (C) who ducked, thereby causing the pie to hit Mrs. Emma Eberhart (D) who was sneaking a cigarette at the time, putting out said cigarette, and thus proving to all the men that justice prevails.



You've come a long way, baby.

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Slimmer than the fat cigarettes men smoke.



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COMMON-SENSE DECORATING

is more than a surface change with paint and fabrics, or a response to current mood or fashion. Space is *designed* for activity, the realities of the situation. A designer looks at the total environment in architectural terms—scale, volume, traffic patterns, people, and habits. *Then* he organizes furniture and decorating objects into the total scheme. Common sense decorating is practicality.

SIMPLICITY

Think of what you might leave out, more than what you leave in. Every room needs a basic framework. Analyze the ebb and flow of activity. It's often the case that any given area works best with a minimum of things in it.

SPACE

The *unfurnished* parts of the room are just as important as the furnished. Shapes made by emptiness are all part of the visual excitement. Try drawing out floor plans and see how the jigsaw puzzle of shapes looks to your eye. Darken empty parts, so the drawing looks like a negative. Is the negative positive?

LIGHT

Creating a quality of light can do more for a room than any other single thing. Good lighting relates to the architecture. Often this means you don't see it until it's lit. It can be a combination of things, built in, strips of bulbs, light bounced off a surface, light on objects. Let decorative lamps shine where they are legitimate.

COMFORT

Having the soft beds and chairs and textures you care about is merely a fractional part of feeling at ease in your own surroundings. Comfort is well-planned storage, for clothes, books, records, tableware, linens, all the things and equipment you live with. They should be right where you want them. Plan for the things you will accumulate. Provide empty space for the future.

FLEXIBILITY

Most of today's rooms are called upon to work for a variety of activities. Many must be comfortable for both small and large numbers of people. By considering its potential uses in the basic design, you create a room that always seems especially planned for each different way it is used.

EFFICIENCY

Your idiosyncracies must be considered to smooth out your life and make everything efficient. Don't be influenced by others. Your living pattern and yours alone is to be considered. If you like eating in the kitchen, design a way to do it. It's the only way you'll be entirely happy in your surroundings.

Turn through the following pages to hear from some of America's top designers who speak out strongly for common-sense decorating and give inspiring examples.

TOP DESIGNERS SPEAK OUT FOR

COMMON-SENSE DECORATING

Common-sense decorating means a room that really works for the way you want to live. And today, that room probably includes several or all of these qualities—simplicity, a sense of space and light, comfort, flexibility, and efficiency. On this and the next pages are examples—plus more ideas from top designers and architects, who believe that a room that works well looks good

"You have to think about how you really want to live," says designer Joseph Braswell. "For instance, if you have a library and living room and want a very simple, flexible, and inexpensive change, install double doors between the two rooms—so you have the option to keep the library as a den or guest room, or open the doors and make one big space for parties."

"Every room is a six-sided box," explains designer Angelo Donghia, "with four walls, ceiling, and floor. Each surface complements each other. That's common sense. So take a room that has windows in two adjacent walls with wonderful views. What color should you paint the floor, ceiling, and walls? No color. To complement these two windows, and continue the sparkly light effect, put mirror on both the other walls, so all four are alike. Paint the ceiling sky blue and the floors bleached white. Now everything balances."

"If you have a very small room with a low ceiling, and an unattractive fireplace as the only point of interest, replace it," suggests designer Michael Taylor, "with an *overscaled* sandstone French fireplace. Treat the windows with pairs of thick natural wood panels—not shutters—also on a larger scale. Put a large sofa opposite the fireplace, a smaller one by it, and chairs opposite, all upholstered in the same heavy natural hand-woven burlap silk. By using overscaled things, the space is enlarged and a difficult room becomes simple."



A LARGE BARN SPACE THAT WORKS AS A COMFORTABLE SITTING ROOM

Common-sense decorating has turned this once-dark, over-decorated barn into a simple, light, living space. Designer John Saladino painted the walls and ceiling icy-white, and stripped the beams to accentuate height. A natural woven sisal floor covering merges with the glass-topped coffee table; custom sofas have slipcovers of inexpensive, sun-resistant curtain lining. Ice-blue silk wall panels conceal two unwanted doors—installed at doorway height, "to make the room more human." Drum table of practical porcelain; windows veiled in seamless gauze to cut out glare—light is indirect, from fixtures mounted on sides of beams.


LIGHT
space


comfort
FLEXIBILITY



COMMON-SENSE DECORATING

WHAT TOP DESIGNERS SAY

"If you are looking for a feeling of warmth in a large room," says designer Arthur Smith, "take the furniture away from the walls. Rugs also reduce living space. Flexible arrangements of chairs make for intimacy—using easy-to-move wicker, benches, and slipper chairs, for instance—so that even if the room is large, two people can live comfortably in it by themselves." (For Arthur Smith's design for a New York apartment, see page 100.)

"What do you do with a small breakfast room (10 by 12) that must be used for family, TV-watching, and grown-up lunches?" asks designer George Clarkson. "Put a soft banquette at one end of the room, and at the opposite end, a TV suspended from the ceiling. Use a table with casters, light enough for anyone to move easily, that is kept against the wall under the TV during the day, and pushed to the middle of the room for meals."

"If you have a room with a poor view," say designers Mica Ertegun and Chessy Rayner of Mac II, "hang clear plastic blinds on the windows, painted with a landscape or abstract design. Then you can adjust the panels to make a montage or show the complete design. This treatment hides the ugly view and also lets in light."

"How do you make a basement or cellar comfortable and light?" asks architect James Baker. "Paint it white, and install tile flooring which will not show dirt. A mixed bag of furniture always creates comfort and informality—family pieces that tell a story, and a light-upholstered sectional couch for comfort and flexibility. Leave pipes intentionally uninsulated beneath the floor to create warmth."

"If you like books, try using them as a decorative wall material on every wall in the room," suggests designer William Machado. "It's not only very practical, but also looks extremely handsome."

"If you want freedom from complexity without losing luxury," says designer Bruce Gregga, "new windows can give a room completely new youth and vitality. For instance, if you have mullion windows, try putting in plate glass ones, with flat shutters. This is not expensive, but it gives a room *(Continued on page 154)*

A KITCHEN/DINING ROOM THAT REALLY WORKS

Common-sense decorating—a room comfortable enough for a large family and flexible enough to entertain in. To make it work, architect Kenneth Lange of Elder, Angell & Lange pulled down walls, raised the ceiling, added hand-hewn beams and installed a central counter as room divider—doubling as children's eatery, *far left*. Terrific storage over and under counter (plus wine rack); built-in radio/intercom for efficiency; brick floor, planters, and barn wood cabinets for comfort in the George West family's perfectly working, yet most inviting, environment.

DESIGNER AND CLIENT TALK FRANKLY

A good working relationship between interior designer and client is based on mutual understanding and respect. Recognizing changing needs and an openness to new ideas on both sides can produce consistently good results. Here are examples on how well it can work.



"A good client wants the job d in a professiona way, using the experience and skill of an interi decorator"
Mark Hampton

What the designers say

George Clarkson: "A young client came to me and her opening request was that she wanted 'a very period room.' She meant antiques and classic furniture. Today, Mrs. Tankoos's apartment has not one antique in it. Yet you would not be conscious of this—it is simply up-to-date, using steel and glass tables, deep pile rugs, open wall space, and no clutter. Much of the furniture was designed specially for her—replacing antiques at a fraction of the cost. White sailcloth curtains, the upholstery of white and beige tones in heavy woven fabrics, melon walls. The whole look of the apartment is completely contemporary."

Joseph Braswell: "Mrs. Langdon wanted a period, 18th-century feeling throughout the apartment, except for the library, which is a marriage of old and new. For instance, a chimney breast of stainless steel is the background for an antique Roman bust; the lighting is a heavy 17th-century Flemish silver chandelier that blends wonderfully with the stainless steel. So the basic feeling of the classically proportioned room is maintained, while looking forward to today."

John Dickinson: "Working with the Donald Magnins' house in San Francisco, the problem was the living room. It was full of furniture that didn't work too well either for the family or for parties. There is a study on the same floor that does nicely for

What the clients say

Mrs. S. Joseph Tankoos, Jr.: "George helped me find my own taste. I found that it was really contemporary after all, instead of chintz and prints. I knew what colors I wanted—I wanted complexions to look fantastic, so the living room is salmon-colored, and everybody looks great in it. He took the time and explained everything—for instance, he gave me renderings, and estimates, right at the beginning. This was highly professional; and from then on we had a wonderful relationship."

Mrs. Homer Alfred Langdon: "My apartment is large and old, so I needed someone with versatility to work on it. I gave Joe pages of requirements, since I am a very organized person, particularly with storage, and he executed everything perfectly. The apartment had also to work for small and large parties, and he succeeded in that, too. The decorating was a happy time."

Mrs. Donald Magnin: "For our weekend house, we wanted red, white, and blue. John suggested all white—and it worked out wonderfully. He solved the problem of using white by slipcovering every-

"When the Cushings moved to this apartment, they brought their furniture with them, so the apartment had to be planned with this in mind. It has a long entrance hall that leads into the dining room and living room, and as they entertain a lot, we needed all the space available. So there is one color scheme for all rooms—off-white, beige, and shades of pink. The same carpeting throughout. This makes the space seem much larger, with pretty vistas."

the family—so we turned the big living room into a room for entertaining. There is very little furniture in it now—a big bay window-shaped sofa, some benches (without backs, so one can face either direction), and two small chairs that can move easily. Most important, there's lots of empty floor space for milling about at big parties."

Joseph D'Urso: "There's a difference between 'design' and 'what happens in the design.' A room should be a setting for what is added later. All the rooms in the Aaron Lockers' living room are white. They were surprised that I used a glossy white—but it makes the room lighter and brighter. There was an old purple mantel in the room that they didn't want to remove. So the twins and I painted it—and loved the way the pattern came up in the white bas-relief." (For more details of the Locker house, see page 104.)

Robert Perkins: "The problem with Kezia Keeble's apartment was that it had a tiny bedroom—so instead of using it as a bedroom we turned it into a dressing room, with dressing table, closets, and an outsize armoire, 8 feet long and 8 feet high. We built an alcove in the main room for the bed, between bookshelves, with cushions and bolsters. This made excellent sense for the way she lives."

Richard V. Hare: "My assignment with Mrs. Gary was to incorporate a large household of furniture into a new apartment, and organize it so everything worked. To make a lot of objects livable within a large space, we created small sitting, living, reading, and eating areas within the larger framework of the space—so that these areas could be used for small as well as for larger groups. One has to be very flexible as well as treat the furniture with respect."

Leonard Stanley: "Mrs. Parry's house in Los Angeles had a four-car garage that became her living room. It was an odd structure, with columns we had to work around—but, by using screens, the room became very cozy and intimate, the effect accentuated by using a lot of chairs and ottomans you could pull up—for Mrs. Parry wanted it to be a place where she could entertain. She was an ideal client—open to ideas, and yet with requests of her own, particularly in respect to entertaining—making the former garage into a comfortable space with very flexible seating."

thing in sailcloth, and making double sets of everything. So when someone sits down with a wet bathing suit I can simply change the slipcovers. No problem with fading from the sun either—the house looks as fresh as ever. We used the same idea in our town house."

Mrs. Aaron Locker: "The decisions were made quickly. Joe brought a minimum of choices, but he was the motivating force. For instance, I wanted beige sofas in the living room. Joe wanted black. He drew the floor plan with black sofas, and we saw what he meant—it looks like a contemporary painting. Suddenly the room took form and shape, the square on one side, the circle on the other. The beige sofas would never have done the same thing."

Kezia Keeble: "I took Bob to okay the apartment before I bought it—to see if he could do anything with it. Everything worked out perfectly. Facing the bed is a sofa with a wicker table and pie-shaped chairs for sitting or eating on. Bob and I worked together all along. It was a wonderful experience."

Mrs. Pat Gary: "Richard really cared about making the place look like me. He knew my furniture well and how it would look best in its new surroundings. For instance, he used a large, very formal French desk to break up my bedroom into two halves, so one side is for sleeping, and the other is a sitting area with a fireplace. The effect is really charming."

Mrs. Vidor Parry: "Leonard transformed the garage into a very charming living room. For instance, he put in an 18th-century fireplace that really fit. The house also had a library that looked west—which, in California, means it got too much sun. I wanted wheat-colored burlap on the walls. Leonard insisted on sable brown. I realized this color kept the glare down—my colors would have been blinding. Only a professional would have known that."

"A good designer makes your own ideas work even better" Mrs. Frederick Cushing



"Everything Mark did worked wonderfully. For instance, a favorite piece of furniture is a bench that seats two people. Mark designed the dining room around it—putting ten chairs and the bench at a round table, to seat twelve. The bench is covered in a chocolate-brown velvet, and the table has a beige cover over which we can put other cloths. The walls are a flattering pink—all women look well in this room."

HORST

COMMON-SENSE DECORATING

DESIGNING FOR A DYNAMIC COUPLE

VERSATILE ROOMS FOR AVID PARTY-GIVERS





Transforming a respectable old New York apartment for a dynamic young coupl meant one thing to designer Arthur Smith: Make it simple, make it fresh, an make it *work*. Since the owners are avid party givers on every imaginabl scale, the big old rooms had to be versatile—and if anything more beautifu when filled with people. The entrance hall, *above*, its shimmering blue achieve with a deep tone over a vivid cerulean undercoat, is home for a Matisse draw ing and a glamorous French 1930s mirrored table—but it often serves as second dining room for large dinner parties as well. In the big living room *left*, the owners wanted a feeling of warmth and intimacy, which Mr. Smit created with conversational furniture groups well away from the walls. Flexibl floor plan accommodates lots of people. Mirrored window reveals add sparkle

In the living room, from left: a Brice Marden; a Miró on far wall; "Giraffe," a stabile by Calder; and a Dubuffet. At other end of room, opposite page, abov glass-and-chrome table, two splendid amaryllis and an equally splendid Picasso

HORST


Table
Table
Sofa
Low table
Low table
Sofa
Desk

DESIGNING FOR A DYNAMIC COUPLE

EXPANDABLE PARTIES, MOVIES AFTER LUNCH AND BEFORE DINNER



The green dining room, *opposite page* (its color inspired by a painting), is a marvel of flexibility. Its permanent furniture: an expandable round table that seats up to ten guests, and a small table in a window for breakfast-for-two or an extra four dinner guests. For larger parties, folding tables are brought in, covered with green-and-white cloths. Mr. Smith designed brown lacquer-and-brass mantel, shell-patterned carpet; screen is suede panels bordered with dark mirror. Because movies after lunch or before dinner are a favorite pastime, two bedrooms were turned into a gay red, white, and black screening room, *below,* with a projection room in a former bath. Facing the wall-to-wall movie screen, a pair of chairs with fold-out seats for floor sitting. One checkered step up behind the lipstick-red sofa is its identical twin. Sony projector between ottomans enlarges ordinary television images on a special 4-by-6-foot screen that rolls out of the way when not in use. For refreshments, a drink cart in a corner. Just for fun: a bubble-gum machine and popcorn maker.

Dining room is lit softly by candles, table lamps, and dimmer-controlled lights hidden behind curtains in window reveals.

HORST

In screening room, light shines theatrically up from floor-cans, controlled from projection room. Andy Warhol lithographs.



DESIGNING FOR A WHOLE FAMILY

MAKING AN OLD HOUSE THINK YOUNG

"I love the dining room. It's a great place to bring a pot of coffee, spread out the magazines, photo albums—whatever I'm working on at the moment . . ."
Renée Locker

"I enjoy working in the greenhouse after a day at the office. It's restful —and very rewarding—to get my hands into the soil . . ."
Aaron Locker

"I really like the living room best. It's a people room —you get a feeling of plenty of space, even when there are plenty of people . . ."
Rick Locker

"The house is designed to suit the way the Lockers like to live. The real excitement happens when they are in the rooms..."
Joseph D'Urso, designer



It was inevitable, when Mr. and Mrs. Aaron Locker asked Joseph D'Urso to rejuvenate their old Long Island house, that the entire family would be involved in the project. To the Lockers, doing things together is the whole point of being a family. To Mr. D'Urso, it's also the point of interior design: "My concern is not to 'decorate' a room, but to create a setting in which everyone involved can feel free to do whatever he loves to do." The Lockers called on Mr. D'Urso because they responded to the spirit of his work. "We found a picture of a barn he had redone," says Mrs. Locker. "We liked the feel of it. When we met Joe, we knew he was the one for us."

"The painting in the living room was a flash of inspiration," says Rick. "Joe had the idea; we each chose a color (mom's purple got streaky, so we had to leave it out)." "Keith and I helped Rick do the painting," says Jeff. "Dad supervised."

"I think the living room is the most dynamic room in the house. It's great to bring my friends to—we turn on the stereo, have some iced tea, sit around and talk..."
Jeff Locker

"When I come into the house I head straight for the refrigerator..."
Keith Locker





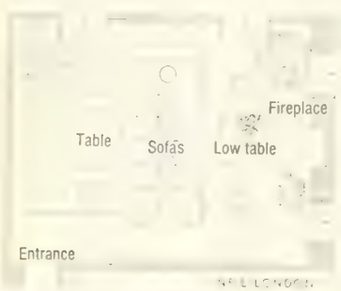
PRACTICAL ROOMS FOR EVERYONE'S INTERESTS

"We bought the house because of its big, well-scaled rooms, wonderful grounds, its flavor of a bygone way of living," says Mr. Locker. "But it was very dim, heavily curtained. Everything ended in shadow." Mr. D'Urso called it 'ersatz-grand'; Keith called it "spooky."

"We were more contemporary," says Mrs. Locker. "We needed more light, more practicality, more fun. Joe helped us create exactly what we wanted."

They made decisions quickly: Curtains came down, sunlight came in; everything was painted shiny white, all the rooms carpeted in continuous gray. Lamps and chandeliers went to the attic, replaced by big dramatic uplights, track lights, lights *outside* the windows. "When it came to radical changes, like painting, paneling, or reshaping the dining room, Joe kept reassuring us," says Mrs. Locker. "That's what professionals do—give you courage."

"Joe made us see the relationship between what he was doing and our daily living—it was exciting to watch the house taking shape," says Rick. "But after a while, the design becomes part of living, and you take it for granted. Now it's just—home."





In the living room, right, two conversation areas center on back-to-back black leather sofas where food, feet, and the family dog are all welcome. At sofa ends, Formica-encased stereo speakers hold primitive art, two huge uplights (the only lights in the room); pull-around furniture makes floor-plan flexible. A step through glass doors is the greenhouse, opposite page, top, with gravelly garden path, lots of tropical foliage. Dining room, center, once immense, dark, and stuffy, was transformed with white paint, a Formica-and-steel table Mr. D'Urso designed, and surprising built-out walls that dramatize fireplace, conceal wall-cupboards and indirect lighting, make room comfortable for family dining. In the white-and-naturals kitchen, bottom, Mrs. Locker worked out the floor plan with shapes on a sheet of paper; Mr. D'Urso helped put the plan to work, devised lighting. Old double ovens—"that look like something out of a laundromat"—came with the house. Mrs. Locker: "The house was such fun to do, I wish it had taken longer."













HORST

COMMON-SENSE DECORATING

LIVABLE, PRACTICAL NATURALS

FOR AN ACTIVE FAMILY'S HOUSE

Summery straws, natural wicker, honest textures and fibers in tones of biscuity beige, all add up to a soft-spoken atmosphere plus practical liveability in a family house by the sea. When Mr. and Mrs. Jones Yorke built the house, they asked their friend, designer Mark Hampton, for help with some basics—like the clear cedar paneling, balconies, and beams that span the 32-foot tray ceiling. Then, with his blessing, Mrs. Yorke put her own decorating ideas to work: "The flow of natural tones heightens the sense of space we wanted to create," she says, "and lets the real color in the house come from the view of trees, pond, and in the distance, the sea." Easily cleaned surfaces, polyurethane-coated floor, washable duck upholstery make upkeep "as easy as it can be with children and dogs running through all day." Lighting system of recessed ceiling and deck lights, uplights, simple reading lights devised with help of James McCurdy.



BROTMAN

Floor plan divides the big room into conversation groups along wall and around freestanding fireplace Mr. Yorke designed. Favorite entertaining: informal lunches on the deck, opposite page. For dinners inside, extra tables are set up on the balcony overlooking living room, above. Metal sculpture by Steve Porter. Painting—an abstract of the view outside—by Mrs. Yorke.



VERSATILE, COMFORTABLE NATURALS FOR A SWEEP-OF-SPACE CITY APARTMENT

A velvety flow of natural honey-tones gives a living-dining room in Chicago an atmosphere of space without sparseness, comfort without clutter. Against a background of bare bleached floor and walls glazed and combed the color and texture of shiny woven straw, designer Bruce Gregga brought in big-scaled furniture, importantly surrounded by space. He designed the ultra-cushy, Ultrasuede-covered sofa (with a divided back so people can perch from *that* side, too), and covered two gilt-framed chairs with a surprising fabric of untreated Madagascar straw—a great natural that wears beautifully, wipes clean. At the other end of the room, in the bare, ceiling-high bay window that overlooks city and lake, stand a curved wicker banquette cushioned with pale Ultrasuede, a table made of a glass cylinder topped with travertine "shaded" by a ficus tree "because it's nice to have dinner under." Two gilt chairs are covered in leopard-patterned velvet—a wild jungle natural, tamed.



BROTMAN

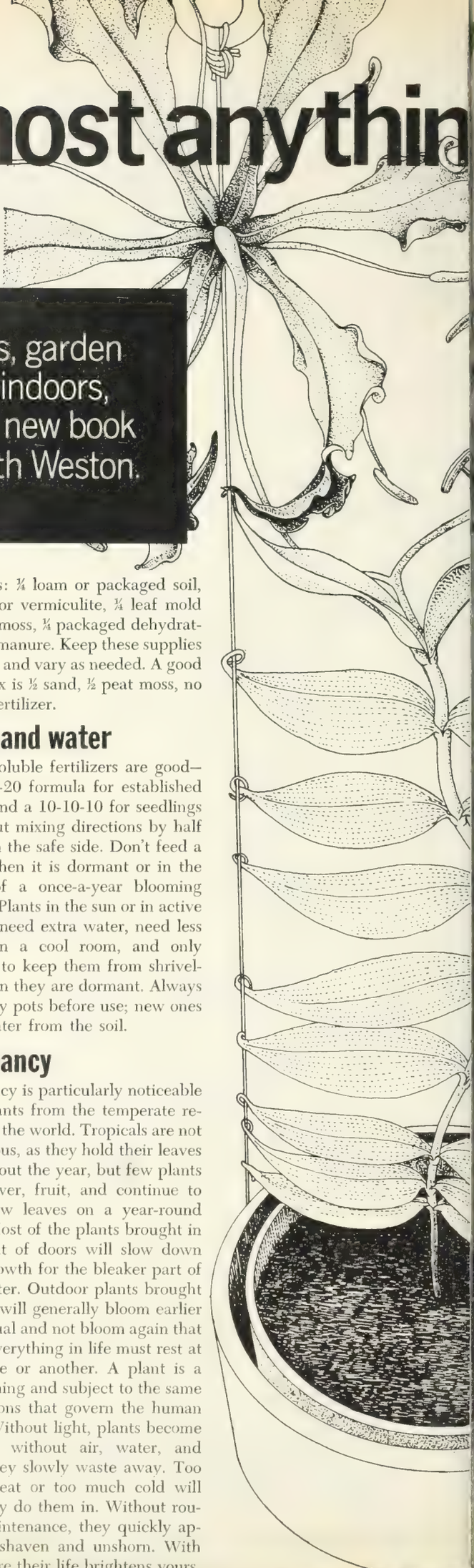
HORST



"The exciting thing about naturals is the way they respond to light," says Mr. Gregga. "In direct morning light, the room is pale and shimmery; reflected afternoon light turns everything a luscious apricot." At night, light comes from uplights by the screens and under the trees, and from fire light (which turns two huge quartz crystals on the hearth, left, the color of flame). Dinner by candlelight—and city lights outside.

how to grow almost anythin

Your outdoor favorites—wildflowers, vines, bulbs, garden flowers, creepers, and shrubs—can be enjoyed indoors, too. Expert H. Peter Loewer tells you how in his new book and in this interview with garden editor, Marybeth Weston.



EDITOR'S NOTE: *Anything that grows outdoors will grow indoors is the premise of H. Peter Loewer's* Bringing the Outdoors In *(Walker, $12.50). Mr. Loewer is one of those richly talented people—a skilled horticulturalist, writer, illustrator, also a photographer, home carpenter, experimenter. The book bears witness to all of this, including a knack for finding ingenious indoor garden supplies in sport, pet, and hardware shops, and by mail. This is a sampling of his ideas and of the plants he and his wife have grown in their upstate New York farmhouse. It is also a sampling of plants that could spend at least part of their year happily indoors with you.*

Collecting outdoor plants

Whether collecting in the field or buying plants, start in the fall. When digging, take enough soil to keep the plants from wilting. If you put your specimens in plastic bags, don't seal the tops. Choose young and small plants. Pot immediately, soak, and allow to drain. If possible let plant adjust to pot before bringing indoors, before frost. To dig native plants, ask permission from landowners, follow state conservation laws, and take sparingly. You can collect or buy wildflower seed, but some will take years to reach maturity. Buying established plants from wildflower nurseries is usually the best bet.

Pots and placement

For most outdoor plants, 4-to-6-inch pots are good starters. Clay pots look natural, *are* natural, and unlike plastic will let you know by their color if you are making a mistake in watering or fertilizing. It is difficult to overwater when using clay. Place the pots in rooms with the right light and temperature for the variety (see lists and advice on care). The trickiest plants to bring indoors are the wild ones. Growing and flowering wildflowers in the home is not difficult, but you *must* have the facilities to winter the plants at about 45 degrees so that they can have their dormant period. This can last up to three months but is open to experimentation. After potting and watering, mulch the surface with sphagnum, vermiculite, or perlite to keep the soil moist and to cut off light. About the middle of November put the pots in plastic bags, tied tightly, and move to their winter quarters—a really cool room, even a newspaper-filled box on an apartment balcony—till February.

Light

Flowering plants need sun—full, partial (4 hours), or artificial light. A new world has opened up for the plant lover who is denied adequate natural light. This is the method of growing plants under fluorescent or incandescent light or a combination.

Temperature

If your plant does best at 68-70 degrees during the day, try to give it 60 at night. If it likes 60 during the day, give it 50 at night. Most plant growth occurs at night. That 10-degree drop gives the plant additional aid in the utilization of sugars it has produced during the day.

Soil

Store-bought soil is fine for part of a mix, but the cheaper types pack down. Sand helps make heavy soils more porous. Peat moss adds nutritive value as it decomposes; it is on the acid side. Crushed eggshells add lime and counter acidity. An all-purpose standard mix, good for most plants is: ¼ loam or packaged soil, ¼ sand or vermiculite, ¼ leaf mold or peat moss, ¼ packaged dehydrated cow manure. Keep these supplies on hand and vary as needed. A good bulb mix is ½ sand, ½ peat moss, no soil or fertilizer.

Food and water

Water-soluble fertilizers are good—a 20-20-20 formula for established plants and a 10-10-10 for seedlings—and cut mixing directions by half to be on the safe side. Don't feed a plant when it is dormant or in the midst of a once-a-year blooming period. Plants in the sun or in active growth need extra water, need less water in a cool room, and only enough to keep them from shriveling when they are dormant. Always soak clay pots before use; new ones steal water from the soil.

Dormancy

Dormancy is particularly noticeable with plants from the temperate regions of the world. Tropicals are not so obvious, as they hold their leaves throughout the year, but few plants will flower, fruit, and continue to bear new leaves on a year-round basis. Most of the plants brought in from out of doors will slow down their growth for the bleaker part of the winter. Outdoor plants brought indoors will generally bloom earlier than usual and not bloom again that year. Everything in life must rest at one time or another. A plant is a living thing and subject to the same regulations that govern the human body. Without light, plants become anemic; without air, water, and food, they slowly waste away. Too much heat or too much cold will generally do them in. Without routine maintenance, they quickly appear unshaven and unshorn. With good care their life brightens yours.

INDOORS

Surprise plants you can grow indoors

Garden flowers

Ageratum
Alyssum
Bellis
Browallia
Gazania
Heliotrope
Impatiens
Marigolds, dwarf
Nicotiana
Petunias
Portulaca
Roses, miniature
Torenia
Violas
Zinnias, dwarf

CARE: Sun or partial sun, standard soil mix. Water as needed. Start from seed or if you have a garden, pot root ball in standard mix. Snip back to encourage continuing bloom. Like all roses, miniatures have special needs but grow well under fluorescents or in bright windows.

Woodland wildflowers

Adders-Tongue
Erythronium americanum
Bloodroot
Sanguinaria canadensis
Bluets
Houstonia caerulea
Cobra lily
Darlingtonia californica
Columbine
Aquilegia canadensis
Foamflower
Tiarella cordifolia
Hepatica
H. acutiloba, H. americana
Lungwort
Pulmonaria saccarata
Moccasin flower
Cypripedium acaule
Pitcher plant
Sarracenia flava
S. purpurea
Spring Beauty
Claytonia virginica
Trillium
T. grandiflorum, others

CARE: Partial sun, porous acid soil (what they grew in or a standard soil mix plus extra ¼ peat). Keep moist. Cobra lily and pitcher plant need high humidity. Note special 45-degree dormancy requirements.

Quick bulbs

Acidanthera
A. bicolor murieliae
Autumn crocus
Colchicum autumnale
Dahlia, dwarf
Gloriosa lily
G. rothschildiana
Lilies, nursery pre-potted
Lilium
Sternbergia
S. lutea
Watsonia
W. humilis maculata

CARE: Sun or partial sun, bulb mix (half peat, half sand). Keep moist. No cold dark winter wait necessary for fall and summer bulbs. After bloom, let foliage mature, then withhold water to rest, or plant outdoors. Hybrid lilies easily forced are Enchantment, Cinnabar.

Shrubs and other plants for a cool room

Andromeda, *Pieris*
Azalea
Boxwood, *Buxus*
Cyclamen, hardy small
Euonymous, *E. fortunei*
Ferns, young hardy
Holly, *Ilex*
Lavender, *Lavandula*
Pine, or any root-balled Christmas tree
Primroses, *Primula*
Rhododendron

CARE: Partial sun or shade, 45-60 degrees (cool entranceway or enclosed porch ideal), acid soil except for lavender. Water as needed, mist daily. Plants in other categories take normal 60-70 room temperatures, but not these. Non-tropical ferns indoors will need winter dormancy after first or second year. Move shrubs outdoors, if possible, in spring for a long life.

Flowering vines

Cardinal climber
Quamoclit sloteri
Clematis
C. lanuginosa, spp.
Cup-and-saucer
Cobea scandens
Flag of Spain
Quamoclit lobata
Gloriosa lily
G. rothschildiana
Morning glory
Ipomoea spp.
Moonvine
Ipomoea noctiflora
Nasturtium
Tropaeloum majus
Passion flower
Passiflora edulis

CARE: Sun, standard soil mix. Water as needed. Nasturtium prefers poor soil (no fertilizer) also cool nights. For annuals—Cobaea, Ipomoea, nasturtium, and Quamoclit—from seed, soak 24 hours in warm water. Buy 2-year-old clematis from nursery; prune only varieties that bloom on new wood; add 1 tablespoon lime per 5-inch pot; keep roots cool with mulch. Passion flower blooms in second year on new growth; cut back ⅓ in midwinter. Gloriosa climbing lily is a tuber and is treated like a bulb or corm, see below.

Creepers

Ground Ivy
Glecoma hederacea
Kenilworth Ivy
Cymbalaria muralis
Pachysandra
P. terminalis
Periwinkle, myrtle
Vinca minor
Virginia creeper
Parthenocissus quinquefolia

CARE: Partial sun, standard soil mix. Water as needed. Easily rooted from cuttings.

Any tall or climbing plant may soon need support. Here, a Reef Flower Pot Stake Holder. For this and other sources, see Gardener's Notes, page 230.

Gloriosa, a lily that doubles as a vine, likes sun, warmth, and a hand-hold—here, fishline and screw eyes—for leaves that can carry its blossoms 6 feet into the air. This is one of 123 illustrations H. Peter Loewer did of plants he describes in detail in his book.

*From "Bringing the Outdoors In" by H. Peter Loewer. Copyright © 1974 by H. Peter Loewer. Published by Walker & Company.

Living and entertaining Missoni style

An active family lifestyle
that centers on impromptu gatherings,
glorious food in a great glass room





Ottavio and Rosita Missoni, who gave the world The Missoni Look—wonderful freestyl clothes to put together in all their various stripes, colors, and blossomy prints—lead a free style life to match. Together with their children, Angela, Luca, and Vittorio, they hav created a beautiful house that's a gathering place for family and friends. At home (the built their house close to their handsome factory near Milan), the family gravitates to a airy room with three glass walls, *opposite page and insert,* furnished mainly with a parad of plants and flowers brought in and out with the progressing seasons. The only furnitur that lives in the room is the big oval table, today supplemented by two smaller tables, on for the vegetable buffet here, one for meats (see following page). "Sometimes we use th big table for the buffet and sit at small ones," says Rosita, "and sometimes we sit right a the same table with the food. It depends on how we feel." Chairs fold up and stack away to be pulled out as they are needed. On the vegetable buffet: *Mistecanze,* a salad of loca greens; tomatoes with mozzarella; Russian salad of fresh vegetables topped with eggs three different kinds of bread; and tarts made of collard greens and other good things

The living room is unmistakable Missoni, with exuberant Missoni roses in yellow, red, and purply blues on cotton dress jersey everywhere you look. Above the drink tray, upper left, a painting by Tai; on the tables, a collection of baskets: sherbet-hued antique French baskets, modern African ones—all set out invitingly for everyone to touch.

Cooking together

Missoni style

"I can cook my specialties with my eyes closed," says Rosita Missoni. In her white and steel kitchen, *right*, her sleeves rolled up under a sensible apron, she does some of her "needle-and-thread work": sewing up a roast veal stuffed with sweetbreads. Sunday is cookday: She does the roast, several kinds of pasta sauces, three kinds of cutlets Milanese—always in huge batches ("Our entertaining is spontaneous and impromptu—we expect unexpected guests"), and some vegetable pies that might last a few days, if not too many guests arrive for Sunday dinner.

The kitchen makes cooking a party in itself: The big work island contains a cook top, chopping block with its own bin for peelings, a little sink, plenty of work space, and implements arrayed handily on the exhaust grid overhead, and is usually surrounded by guests who can't resist the good-smelling goings-on. Behind the island, two wall ovens sandwiching a deep-freeze and refrigerator; to the left, a pair of dishwashers, sinks, and a stepladder for reaching up to the colanders, baskets, and serving bowls. Also in the kitchen, a table and banquettes for casual meals, storage for linens and china, and enough work space for several cooks to be concocting their delicacies at the same time.

Buffet
Veal, lamb, and pork cutlets Milanese
Prosciutto
Green tarts
Italian green salad
Russian salad
Tomatoes with mozzarella
Corn, wholemeal, and oiled and salted bread





Angela, left, making cookies that look like edible Missoni: First she flattens the dough into squares, then rolls them up. For checkerboard cookies, she bundles two or three light rolls with two or three dark, wraps them in another square, chills, slices, and bakes them. Spirals are light and dark squares rolled up together.





On the dining table, above left, Missoni roses on pitcher, glasses, dress-fabric tablecloth. Centerpiece is a bouquet of fresh crisp vegetables: various lettuces, celery, fennel, carrots, peppers, and radishes, all of which guests nibble on like rabbits in a garden. Some of the greens are from the Missonis' garden; others from the local outdoor market, to which farmers bring fruits and vegetables "so beautiful and so appealingly bundled you can't resist buying armfuls of everything." On the meat buffet table, above, Rosita's veal, lamb, and pork cutlets Milanese (to eat hot or cold), and a hug prosciutto to slice on the spot.

(Recipes for everything, page 142.)

Picnic
Sausages and Parmesan
Vegetables al Forno
Mini pizzas
Toasted tomato-and-basil sandwiches
Provola cheese with olives
Bread, Fruit
Angela's cookies

The house has no lack of places to eat: kitchen, terrace, at poolside, in the glass garden room—even out on the lawn, *left*, prepared for the picnic with low bamboo seats, Missoni-covered cushions. Rug is straw squares sewn together by Rosita herself into a marvelous patchwork. The picnic fare, from top: sausages and Parmesan; the wine basket between Tai and niece Betty; Tai's famous Vegetables al Forno *(see below)*, bread, a cheese called provola, which means "try it," surrounded by olives; mini pizzas made in the crust of Italian bread, the center of which is toasted and turned into tomato and basil sandwiches; three kinds of fruit, and Angela's cookies.

At a poolside luncheon, *below*, Tai pours his luscious *pasta-sciutta* sauce over *penne*, a short, hollow pasta. On the table, a cold zucchini omelette, grated cheese.

Lunch
Tai's pasta with thick tomato sauce
Zucchini omelette
Cheese





Tai's turn in the kitchen, where he turns out a vegetable casserole he calls "Vegetables al Forno." Ingredients gathered, he slices potatoes, red onions, zucchini, an eggplant, tomatoes, and red, green or yellow peppers. He layers everything with salt, pepper, and olive oil, tops casserole with black olives, bakes forty minutes.

Experts' easy guide to music systems

How to have the right SOUND

"Sound affects your state of mind...Fix a room for good acoustics and your music system will sound marvelous—and you will live better and happier at home"
Dr. Amar G. Bose



Dr. Amar G. Bose—scientist and engineer, teacher of electrical engineering and acoustics at M.I.T., technical director and chairman of Bose Corporation, talks about the meaning of acoustics, the exciting research into psychoacoustics, and the way it affects our lives.

Hi-fi started in the late forties or fifties in an interesting but strange way. It was started by hobbyists—some people making loudspeakers, some making receivers or amplifiers, others making turntables. Many of them became specialists in making one kind of equipment, leading to today's tradition of component manufacturers. Today, engineering has evolved enough so that receivers from any reputable manufacturer sound, electronically, about the same. I would say there are now two parts of a hi-fi system that really make a difference in the sound—speakers and pickup cartridge. And to make improvements in these components, we have to study the relationship between *measurements* (frequency response, distortion, polar response, and so on) and *perception*. In other words, why bother to improve measurements if you, the consumer, can't hear the difference?

"We found that there was a difference when we looked at speakers. I used to play the violin, and found that when playing violin records, my hi-fi equipment sounded terrible—shrill and screechy—and yet the equipment measured well. So why did it measure well and sound terrible?

"Well, when you sit in a concert hall, about the same amount of sound comes to you from all sides. You'd expect more to come from the orchestra itself—from the direction of the stage—but it doesn't. Each instrument radiates sound in all directions, and *only about 10 percent of it comes to you directly*. All the rest comes from the multiple reflections around the hall. Furthermore, if you move around in that concert hall, you can still pick out the same sounds as you did when sitting down in the first place. That is why we have now come up with speakers that bounce the sound off the wall behind the speakers and then into the room, thus producing a high proportion of *reflected* sound. We call them Direct/Reflecting speak

"No science, however, can tell you what is the best hi-fi system. It's to you and your own hearing. What we are trying to do is close the between hi-fi hardware and the musical experience. This is where hu perceptions are so important. It's a field of study we call psychoacous For instance, here at M.I.T. we are studying the functioning and mode of the inner ear. Take the "cocktail party effect," for instance. If you a a party and someone is talking to you, and over in another part of the r a very interesting conversation is going on, then you can listen to distant conversation even though the noise in the room is a lot louder the level of the interesting conversation.

Now you can take into that room any microph and recorder and play back the recording on instrument you wish, but you won't get a repro tion of that interesting conversation—just noise. can your ears do it and not the microphone? It to do with the fact that you have two ears, and s reaches one ear before it reaches the other—this is because sound tr at about 1,000 feet per second, and your ear can select out and focu on these sound waves with amazing precision.

"Houses today are not necessarily the best acoustical environments people to live in—quite apart from hi-fi. For instance, sound can bo back off a wall causing a 'slap echo' of reverberating sound. What hap is that the sound bounces back and builds up on itself—rather like happens when you swing a jump rope very fast till it makes one loo you draw shades or a blind, making the surface *(Continued on page*

Place the speakers where you'll enjoy the music most
6 examples

Here are six rooms, complete with furniture, with suggested locations for speakers. For more tips on installing speakers, see page 122.

Living-dining room



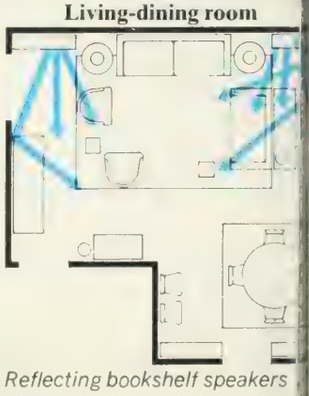
Reflecting speakers hung about 7' off the floor each side of fireplace, so sound bounces off the fireplace into center of room.

Bedroom-living room



Two sets of stereo bookshelf speakers (or quad) on shelves 5' to 6' off floor on opposite walls, with best sound in the center.

Living-dining room



Reflecting bookshelf speakers about 4' off floor. Left-hand spe must be angled to direct high frequencies into room sin reflecting wall is absent.

n the right place

Relax. Hi-fi is no longer the electronic jungle you thought it was. Here are expert tips on buying and installing the best sound equipment for any room in the house—so easy you can do it yourself! **By Caroline Seebohm**



"When you buy a hi-fi system, you become not only part of the audience, but you also become part of the creative process. You have control over your music...rather like a conductor does" Mr. Bernard Mitchell

Mr. Bernard Mitchell, President of Pioneer Electronics, Vice President of the Institute of High Fidelity, and enthusiastic supporter of the New Jersey Symphony talks about high fidelity, changes in musical taste, and how you can become an orchestral conductor in your living room.

The normal definition of high fidelity is an instrument that has the capacity to reproduce frequencies from 20 cycles to 20,000 cycles, and reproduce them with so little distortion that it amounts to less than 1 percent of spurious sound —99 percent or more is perfect reproduction of the original program material.

"The frequency response of the human ear varies—everyone is different. But women generally hear better and are more sensitive to sound than men. (A woman will go to a concert and never complain about the volume, but if you turn up a hi-fi at home to that same volume, she'll want it turned down. She will notice shrill and harsh sounds much more than men.) The older you are, the smaller the frequency response you can hear. You have your best hearing when you are born. A twenty-year-old girl can hear perhaps 50 cycles up to 15,000 cycles—and that's super hearing.

"So why should a pickup cartridge, for instance, reproduce a tone of 20,000 cycles if you can't hear it? The answer to that is harmonics. You can't hear them, but you can feel them. They don't translate into your ear as sound, but you feel the ambiance. The importance of a good cartridge is that it will pick up these frequencies—if it can't do this, however wonderful your speakers are, they don't have the sound to work with.

"As far as the other components are concerned, it's a matter of taste. Some people want the sound of a hundred-piece orchestra in their living room. Others want only the sound of a small vocal group. You can adjust your speakers to any kind of music. For very big sounds, two pairs of stereo speakers or quadraphonic speakers can give you the expansion you need.

"Musical tastes, too, have changed enormously. People like to listen to one or two cuts on one side of a record, then change it. That is why manual turntables are now in vogue. (Also, stacking records and having them drop is not the best way of treating records, which are very sensitive.) That is also why tape recorders are becoming more and more popular—you can record just the parts of a record you like, and leave out the rest.

"In fact, when you buy a hi-fi system you become not only part of the audience, but you also become part of the creative process. You have control over your music —you can boost the treble, cut the bass, alter the contour of the music very much like the conductor does. And when you buy a tape recorder, you realize that if you don't like the way Tchaikovsky strung together the movements of *Swan Lake*, you can change them around! In short, you become recording engineer, technical director, and conductor all in your living room.

"We are now trying to build equipment that reproduces perfectly, and everybody who cares about music, and about the values of living, should be involved. When anthropologists go back and discover a new tribe, they find that even the most primitive people took sticks and stones and made music. People have a need for things that are beautiful in their lives, and music is as close to filling that need as anything else."

Golden rule about

SOUND

let your ears be your guide. If you find a place where your speakers sound good, then that is the correct place for them. No one knows better than you.

Double guest room



...e speakers placed each side of ...e fireplace and closest to it work ...ell raised about 1' off the floor. ...e pair of speakers furthest away ...om the fireplace give best results ...tening in bed.

One room apartment



Bookshelf speakers in bookshelves 3' to 5' off the floor, with sound directed to table in center of room and sofa bed at far end.

Multi-purpose room



The pair of speakers at right angles to each other and closest together direct sound to the seating area. if you move them further apart along the walls, the sound spreads out more to the rest of the room.

Inventive new music equipment

How to buy and install it

Follow the simple guidelines below on components and fixing your room good acoustics—and you will have great music wherever you wan

How to buy speakers

1. There are two kinds of speakers —those that produce predominantly *direct* sound and those that produce a high proportion of *reflected* sound. *Direct - radiating speakers* beam the sound directly at you like the arc of a flashlight. *Reflecting speakers* bounce the sound off the walls *behind* and *around* the speaker, filling the room with indirect or reflected sound. Some people prefer the direct sound, others prefer more reflected sound. It's a question of taste (and budget—the best reflecting speakers are more expensive). Listen to both before you decide.

Direct-radiating speakers



Reflecting speakers



2. Speakers and the pickup cartridge are the two most important components in a hi-fi system. So if you are wondering where to spend any extra money, spend it on these two. Remember that **without good speakers, however good the rest of your equipment is, you will not get the best sound possible.**

3. If you *know* you want to put your speakers in a bookshelf, tell your dealer. Some reflecting speakers do not work well in this position, as the sound cannot bounce backwards properly (as you see in the sketch).

4. Test your speakers in the showroom at the same loudness. If the levels are different, the louder speaker—regardless of quality—will tend to sound better.

5. Try to listen to speakers side by side in a showroom. Once they are separated too far, the room's acoustics will affect the sound of each speaker differently. However, be wary of demonstrations in which the speaker is not positioned properly. Reflecting speakers especially need more space behind them than is available in some showrooms.

6. Specify if you want special outdoor speakers, which are waterproof. The sound is less accurate than for indoor speakers. (Of course you can use indoor speakers outside as long as they don't get rained on!)

Tips on installing speakers

1. When you bring home your speakers, put a long piece of wire on them so you can put them anywhere in your room until they sound right. Live with them in all sorts of places for two or three weeks until you find a place you like best. Remember the manual is only a guideline—all rooms are different, and so are all listeners.

2. If you have chosen direct-radiating speakers, it is important to establish where you will be doing the most listening in your room, since only then can you direct the sound most effectively. (Like aiming a flashlight, you want to be in the center of the arc of sound.) If you have chosen reflecting speakers, then your seating is not so critical since the speakers fill the whole room with indirect sound bounced off the w

3. The separation between the speakers should be between 4 15 feet. (Best results are obta with a separation of 6 to 12 f Also, the further you are from speakers, the wider they can spaced. A good rule is that the sp ers should be spaced as far a from each other as they are f you—making an equilateral angle. For direct-radiating speak you should aim the sound at area of the room where you wis listen; the center of this arc of so will be the optimum position. can also turn them towards you. flecting speakers should be p tioned according to the manufac er's instructions. Some reflec speakers must be positioned a from the wall so the sound bounce effectively off the walls hind them (as in diagram).

4. If the speakers are in a room a color television, do not place speakers closer than 3 feet to TV. All speakers are equip

(Continued on page

Four environments designed for great sound



1



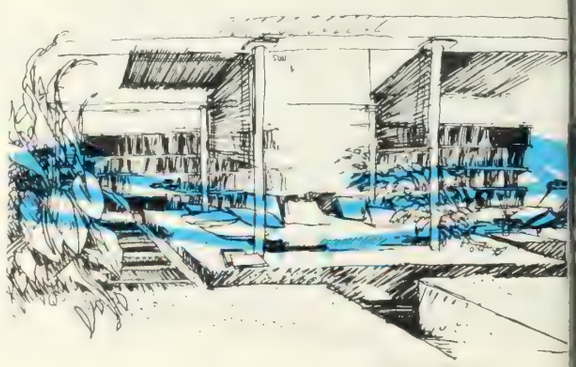
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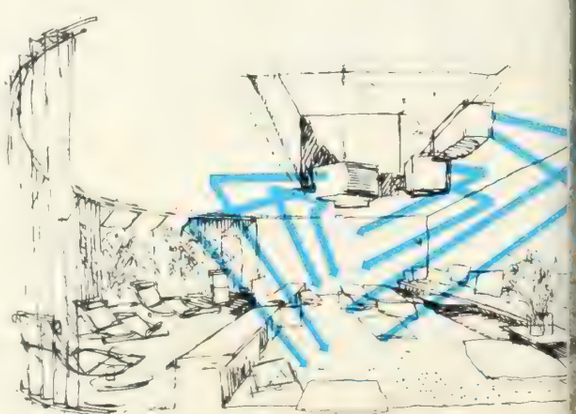
1. Living room. Direct-radiating speakers beam sound to the seating area. Speakers should have a wall behind them for best results, so here you might have to turn up the bass control, or put two more speakers back to back, which will also extend sound into the next room.

2. Attic apartment. Direct-radiating speakers under window in slanting wall, fill room with sound. If you put speakers in a cavity, they should be enclosed at the top or bottom (or both) for best results. Remember not to put furniture in front of speakers, blocking sound. Rooms 1 and 2 designed by Martin Lipsitt.

3. Bedroom-library. Bookshelves house reflecting speakers. Other components go anywhere, but remember (1) a turntable should be quite close to amplifier or receiver to pick up sound before it fades, and (2) wires run between all components so must be easy to conceal.

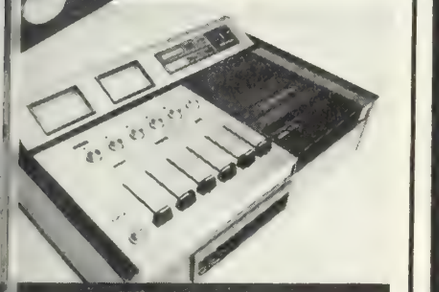
4. Entertaining room. Four reflecting speakers are hung above the dancing area for best sound. When hanging them, position them no closer than 18 inches from the ceiling—and preferably on chains. Plants, cushions, firmly hanging blinds make for good acoustics. For more guidelines on acoustics, see page 151. Rooms 3 and 4 designed by Joseph D'Urso.





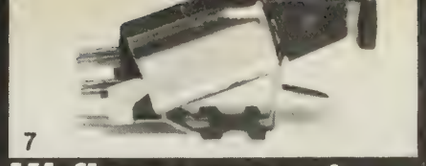








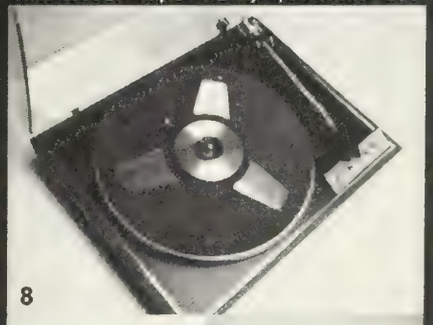
Four receivers: From top to bottom, man/Kardon 430 AM/FM Stereo, 9.95; Yamaha CR 1000 FM Stereo, 0; Pioneer SX 1010 Stereo, $700; her 634 4-channel (quad), $799.95. Marantz 1150 Stereo Console Ampli-, $449.95. 3. Sony TA 4650 Inte-ted Stereo Amplifier, $400, and Sony 4950 FM Stereo/FM-AM Tuner, $350. McIntosh MA 6100 combination pre-plifier and power amplifier, $699. Hitachi D 3500 Dolby cassette tape ck, $399.95. 6. Left, Stanton Dyna-ase Sixty stereo headphones, $64.95; right, TEAC HP-100 stereo head-ones, $29.50. 7. Very important com-nent—cartridge. Shown here, Empire



7

Hi-fi components—beautiful looks for beautiful sounds

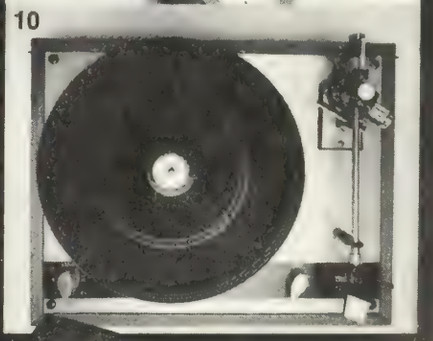
4000 D/I stereo and 4-channel cartridge, $84.95. 8. KLH Research Ten Sixty Plus turntable, $175, including Pickering XV/750E cartridge ($65 if bought separately). 9. Philips GA 212 electronic turntable, $169.50 less cartridge. 10. Thorens TD-145C turntable with exclusive electronic lift-up and shut-off, $299.95. 11. Pioneer PL-71 Direct-Drive turntable with strobo timing device, $300. Cartridges, except for KLH, sold separately. 12. Miida 3066 TL "Effect 4" AM/FM stereo receiver compact with 8-track stereo tape player, record changer and Tower speakers, $249.95. 13. Magnavox 1909 4-channel FM/AM 8-track music system (compact), $449.95. 14. Zenith F 589W Allegro 3000 sound system (compact), $359.95. 15. JVC 4RD-1406 2- or 4-channel reel-to-reel tape deck, $379.95. 16. TEAC A-2300 SD reel-to-reel tape deck, $739.50. 17.



8



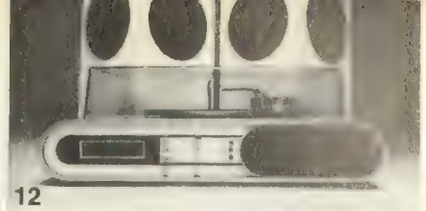
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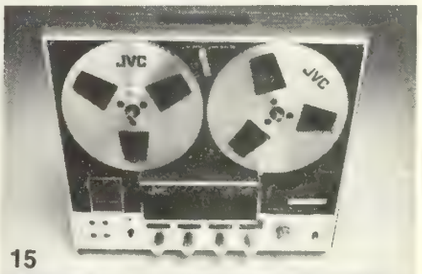


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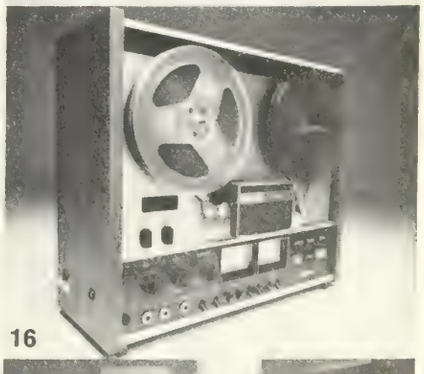
KEITH TRUMBO



14



15



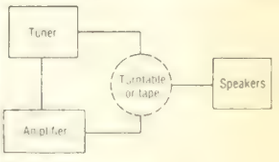
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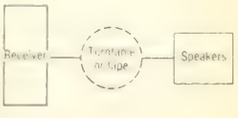
17

Speakers: Left to right, Empire 6500II Jupiter indoor/outdoor speaker in 3 colors, $169.95; JBL "Aquarius Q" L 120 speaker, $633; Bose 901 Direct/Reflecting speaker on pedestal, $698, and Bose 301 Direct/Reflecting bookshelf speaker below, $198—both projecting mostly reflected sound and sold only in pairs; on top, white Advent 2-speaker, $74; far right, on top, KLH Research Ten CB-8 speaker, $85; below, JBL Century L 100 speaker, $318.

3 ways to buy and assemble components



or



or



Tuner and amplifier always go together. They connect up with your turntable or tape deck, and the sound then arrives at your speakers. A receiver is a tuner and amplifier in one component. A compact contains them all. One advantage of buying components separately is that you can buy new ones as the technology improves — most makes are interchangeable. Check with your dealer before you buy.

A SMALL GREEN GARDEN WITH A LILAC WALK

The very personal garden of Laura Bishop

Editor's note: This garden appears in *House & Garden's 26 Easy Little Gardens* (Viking, $15.95, Oct 1975), with other spare-time gardens tended by people with limited time, and unlimited imagination. Whatever your gardening interest, our new book about real people and real gardens—plus full-page plans and extended plant lists—can make your garden easier, prettier.

This jewel-box of a sunken garden is confined by a house, toolshed, and garage. Steps lead from a terrace through a gate to a swimming pool. Like nested green boxes, an evergreen yew hedge frames an evergreen vinca border, which frames evergreen boxwood. The crisscrossed boxwood, in a bed only 10 by 20 feet, frames flowers that can change with the Connecticut seasons. The green year-round geometry—leafy rectangles spheres, cones, circles—is softened in spring by a snow flurry of dogwood, rhododendron, and other white flowers, and a surprise. Six dwarf Korean lilac standards come into full bloom after the dogwood. The lilacs resemble lavender parasols. "Every time I step down in this garden," Laura Bishop says, "I am restored by its little bit of order in a disorderly world. Even weeding and grooming it is soothing. In a little garden, work is pleasant because there is not much of it." Because this formal garden was designed for minimal upkeep, it can be kept to perfection. Landscape architect: Eloise A. Ray.



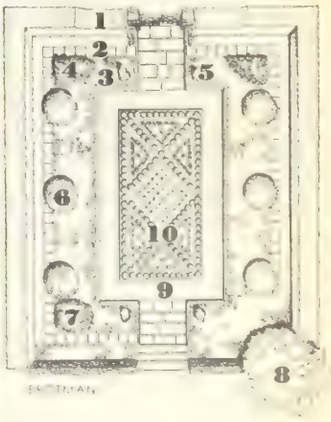






EMERICK BRONSON

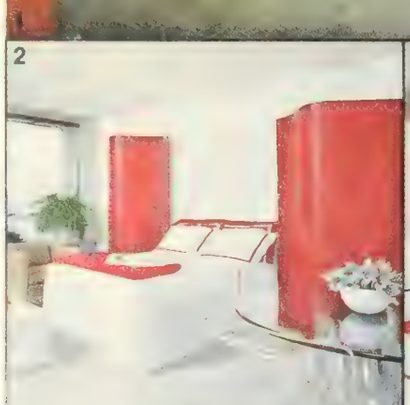
The garden gate repeats the pattern of the center bed, which has white and blue pansies in spring, deep pink geraniums, dusty miller, and gray santolina from summer to frost. Terrace, edged with pachysandra and rhododendrons, has a fountain wreathed with fine-leaved ivy and pots of white petunias. *Plan:* 1. Yew hedge (Taxus media hatfieldii). 2. Flagstone path. 3. Periwinkle, myrtle (Vinca minor). 4. Boule de Neige rhododendrons. 5. Dwarf Hinoki cypresses (Chamaecyparis obtusa compacta). 6. Lilac standards (Syringa palibiniana). 7. Japanese quince. 8. Dogwood. 9. Marble chip path. 10. Dwarf boxwood (Buxus sempervirens suffruticosa) and seasonal flowers.



Problem-solving storage

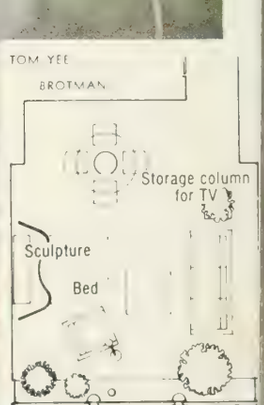
Bed and tv storage: A lacquered screen splits at center to reveal a fold-down bed; a revolving cabinet hides the TV by day.











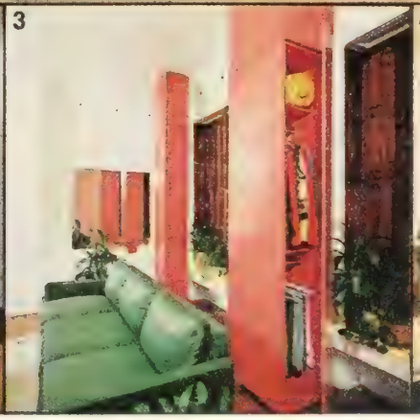
The simplest solution to where to sleep in a one-room apartment is usually a good-looking daybed that can double as a sofa. But not for architect Richard Henderson, who, though young, is old-fashioned enough to want the roominess of a double bed *and* a sofa. The answer? A wall-hung Murphy bed for which he designed a two-part screen of red-lacquered molded plywood (see plan) that rolls apart on casters to provide space for the bed, *down*. Across the room, the television is hidden in an orange-painted revolving cabinet kept face to the wall by day, whirled around at night so he can lie in bed and watch The Late Show.

1 The apartment by day. Screen closed, there is no sign of the presence of a bed.
2 Screen open, double bed down. To match the screen, red-bordered sheets by Paresi.
3 TV cabinet, orange-painted plywood face outward. Over sofa, painting by Henderson.
4 Cabinet reversed, TV screen facing bed. Shelves for books, a Boston fern for a hat.

Architectural storage: dramatic enclosure for a wall-hung bed; freestanding column cabinets that provide storage where there was none at all.











In an imaginative conquest of 18 by 22 feet of space, a Murphy bed is hidden, a great many possessions stored, and, at the same time, a handsome environment created. Architect Don Chapell concealed his wall-hung bed with what looks to be a Mayan bas-relief—actually a Styrofoam screen designed by Victor Belcic that parts in the middle to swing open on hinges. Six column-cabinets, screwed to the ceiling, hold everything from clothing to music to books (see plan), and even have a separate upper section for dead storage. Each column is painted a shade of coral, pretty at night when lighted by a ceiling festoon of incandescent reflector bulbs on dimmers, and augmented by a swag of tiny red bulbs that circles room.

1 The Mayan bas-relief bed enclosure in place. Very light, hung on hinges, it opens easily.
2 Enclosure open, bed down. 10-foot, 6-inch ceiling provides height for festoon lighting.
3 One of two clothing cabinets. Top section is for a variety of things not often used.
4 Opposite sofa, cabinet for record player, TV, records, liqueurs, and small luggage.

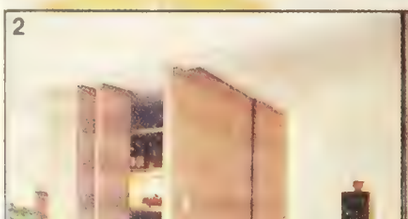
Problem-solving storage

Storage island designed as a space divider and a privacy screen—a new element in a not so new apartment. Housed in the island are a music system, television, a bar, books, and a closet.

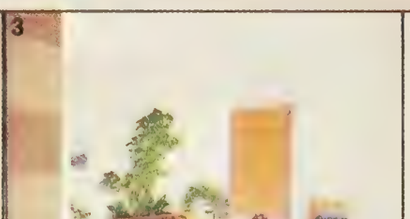
BEADLE



1



2



3



4



The extravagance of wasted space was remedied in this remodeled apartment with the addition of a good-looking storage unit built in the old, too big, little used foyer. Of dry wall construction, the island is painted in stripes of two shades of taupe, one with a high gloss, one with a matte finish. The use of doors is inventive: On one wall, a sliding door can shut off the hall to bedroom (see plan); on another, an accordian door opens for access to TV, music system, bar; on bedroom side, a swinging door closes off living room, reveals the island's bookcase. Closet in island has plain wood door. Designer: John F. Saladino.

1 The island with doors closed. Sliding door opposite pedestal opens to bedroom hall.
2 Living room side, accordion door open. TV rolls out, music and bar on inner wall.
3 Living room side of island. Sofa's leather pallet lifts for luggage storage below.
4 Dining alcove cater-corner from island. Mirrored wall to create illusion of space.

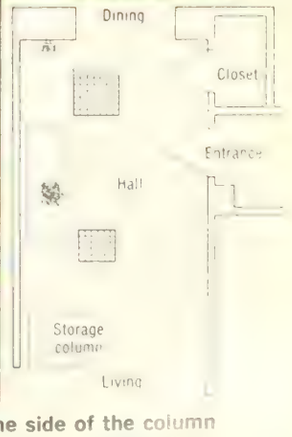
Electronic center for a family dedicated to music and movies olds all the equipment for these diversions, gives a marvelous decorative and rchitectural punch to a long, wide hall in a big old apartment.











Lacquered a brilliant Chinese vermilion, the electronic center is a freestanding column banded with a strip of stainless steel—a metal plate that divides upper and lower storage compartments. There are doors on three sides; ventilating slits (this kind of machinery gets hot) on the fourth. Closed, the doors are invisible; open, they give the owners their choice of film projectors, reels of current movies, tape decks, tapes, a turntable, a tuner, records, and art books. One large, shallow compartment is backed with mirror and stocked with gloves and purses—"going out" gear. Designers: Norman Diekman and architect Lee Harris Pomeroy.

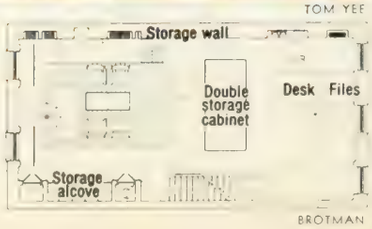
1 An open niche in one side of the column holds a little still life of objets d'art.
2 Same side, open. Projector and reels of film above, art books and recordings below.
3 Opposite side, half open. Tape deck, tuner, and record player on the steel plate.
4 Same side, all open. Old projector for the children, more film and tape storage.

A hobbyist's storage, since it must be tailored to the hobby, must often be highly individual. In this case, it is exactly that, with almost every storage element in it designed by the architect-owner.



TOM YEE

Complex, meticulous, beautifully ordered, this is storage designed to protect and display fabrics, some of them 1,000 years old, all of them from Peru. Their owner is architect William J. Conklin of Conklin & Rossant, who is also an archeologist, writer, and authority on ancient Peruvian textiles. The room is the living room-study in his 1862 New York house. One end is a sitting area, the other a work space. The entire fireplace wall (see plan, *right*) is a honeycomb of compartments and shelves designed to display his artifacts, to store them, to hold projectors and photographic slides—he flashes two at a time on the opposite bare white wall—plus containers for multicolored yarns and threads to keep the textiles in condition.



BROTMAN



1 Study-work area: Drafting table, microscope, floor file cases, white nylon umbrella lamps. 1862 recess refitted for books and music.
2 Textiles, exotically beautiful (most were once ponchos) are stretched on frames, hung in compartments. From time to time, they change.
3 Mr. Conklin on the library stepladder of his design. Sculptural, handsome, very heavy, it moves on ball bearings with a gentle push.
4 Blue plastic sunshades screen out ultraviolet rays, protect textiles, provide indoor "sky."
5 Opaque plastic horseshoe-shaped boxes have transparent tops and bottoms. Easy visibility.
6 Carpeting-topped floor file case holds textiles, makes a very handy table—even a bench.
7 For photographic equipment: clear plastic drums for carrousels clip on a wall frame, as do the wood cases for the two slide projectors.
8 Open on the file chest, a weaving repair kit. Transparent plastic cylinders (*these* are a commercial product) hold plans and drawings.
9 Instead of solid shelves, plastic poles installed at even intervals. They collect a minimum of dust. Zeppelin was a World War I toy.

Great American Naturals


Folkcraft-inspired wool area rug. Ege Rya


Nest graduated woven trays. Henri Bendel


Tall oak corner cupboard. Thom


Pine chest in natural finish. Medallion


Dark wicker chair and ottoman. Henredon

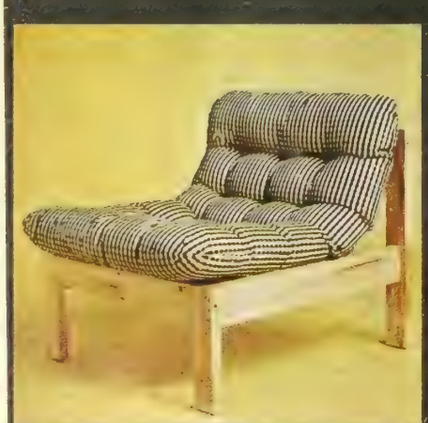

Natural cane and wood chair. Founders

A great way to bring your rooms up-to-date—35 decorating finds in Great American Naturals ready to buy now in stores across the country. Look for lots of wood, especially pale, buttery shades, rattan, wicker, and bamboo; fine detail work; nubbly textures and earthy tones in fabrics; a simplicity of line and a multiplicity of purpose. For shopping information please turn to page **227.**


Natural split rattan low table. DIA


"Pineapple" vinyl wall covering. Instock


Bleached pine side chair. Drexel


Checked comfort on pale pine. Domani


Handpainted leaves on canvas pillows. LCS

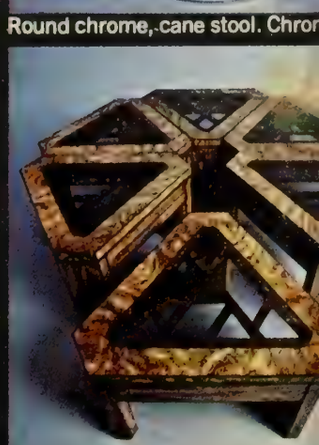

Dowel clock, ash veneer. Greg Copeland


Round chrome,-cane stool. Chron



Cocktail table, storage stools. Domani


Rail-backed pale oak settee. Habersham


Olive ash burl on 6-part table. Go



cushioned 3-legged chair. Flair



Rattan-glass-leather card table. Founders



Blond pine plant stand. Drexel Heritage



Brown canvas chair and ottoman. Domani



w elm veneer hutch. Stanley



Earthenware cachepots. Bailey/Huebner



Handy 16-inch benches. Thayer Coggin



Fortrel/cotton spread. Wamsutta Trucraft



ker chair, ottoman. L. J. Newton



Cotton appliqué on jute pillows. Riverdale



Low bamboo matting table. Thayer Coggin



The palest mahogany armchair. Moreddi



d handsome "Turnover" sleep couch upholstered in Haitian cotton. Selig



Gate-leg butcher-block dining table. Selig



Ebony-stained split bamboo table. DIA



k parquet cocktail table. Flair



Detailed mahogany corner chair. Brandt



JAMES MATHEWS

Wool rug in nomadic design. Cabin Crafts



Curved ash chaise. Drexel Heritage

Vacation house, warmed by **sun power**





Domed and bubble-eyed, with reflective panels and interior sun-storage tanks, Mike and Ellen Jantzen's vacation house in Illinois more than makes up for its surprising face by conserving two scarce resources: energy and money. Since the Jantzens did all the work themselves, their materials cost was just under $10,000—including all furniture, appliances, a driveway, and a simple, totally controllable solar heating-and-cooling system that can warm the house up to a hundred degrees when it's five above zero outdoors.



TOM YEE

The straightforward solar system works like this: On winter days, reflective Mylar-lined panels direct sun through transparent roof sections into heat-storage tanks beneath the bubble windows. After sundown, tanks are closed, then later opened to radiate their accumulated heat—and the roof-panels are closed to reflect heat back into the house. In summer, roof-panels are closed during the day, opened at night to let interior heat radiate out. The secret is insulation: Every surface that divides inside from outside, and even upstairs from downstairs, is carefully insulated for perfect temperature control that keeps the house warm for a full winter's night after a sunny day. The Jantzens also designed and built a sun-powered greenhouse and a solar sauna. Plans for all three buildings are available. To learn how to order, please see page 227.

Opposite page: **Outside, the house is painted plywood and corrugated steel, domed with half a silo-top. A footbridge leads to the door.** ***Above:*** **Inside, colors lap up sun's heat. All furniture is multipurpose: Even under-window heat-storage tank becomes a padded seat.**

sun-powered house, greenhouse, and sauna

Neither architect nor engineer, Mike Jantzen, who calls himself "an explorer in communications—and certainly a building is a form of communications," wanted to see if he could design a low-cost solar-heated house using local materials, unskilled labor (himself and his wife), and the simplest solar technology. He chose a direct-input system whereby solar energy is directed into two 16-cu.-ft. insulated steel tanks, 1, filled with water and antifreeze. Steel tubes conduct heat through solution. Closed lids form window banquettes.

All materials are the most utilitarian, least expensive available; resawn fir for walls, easy-upkeep vinyl-asbestos tiles on the floor, furniture, designed and built by the Jantzens, of painted plywood and Formica. Mike did the ceramic sculpture in the kitchen.

Mike worked without blueprints, mentally predesigning the house like a sculpture, then letting it take shape through intuition and logic. An inspiration: two 8-foot fluorescent tubes recessed behind ceiling beam, their light reflected by the Mylar roof panels into the living area when panels are closed, out onto the deck when panels are open on summer evenings. Flexible floor plan can be expanded by splitting it apart vertically, adding space between the two halves.

NEIL LONDON




1


2

1. Open water tanks radiate stored-up heat. 2. On hot day roof panels shade windows, reflect heat away from house are controlled by cables and boat winches). Ellen made chairs, covered bench cushions with Mylar left over from ro


5


6

5. Whimsical dinner of rich earths, twigs, moss, rocks, other earthly delights—for neighborhood trees perhaps? 10. One roof panel up, one down. 11. Cave-like bedroom has sprayed polyurethane walls protected by Thermo-Gard paint. Wiring is in floor well away from polyurethane. Open trap door admits warm air from downstairs. 12. Winch handle operates roof panels.

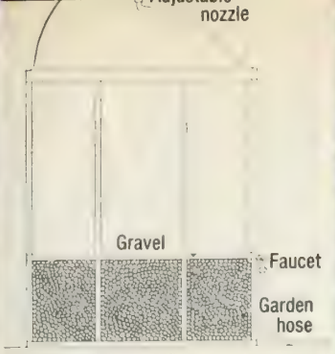
6. Painted wood desk hinged to underside of staircase ad to angles for writing, levels for use as a drink tray. Stair tr are wrapped in indoor-outdoor carpet. 13. Efficient s greenhouse could warm to 100 degrees on sunny days wi or summer, is protected from boilovers by a ventilation sy and a fiberglass mesh "cloud" attached to window.

TO


10


11 12





MICHAEL E. JANTZEN

Sun shines through sauna's clear corrugated plexiglass walls, heats pebbles in bench, on floor.



3. Sauna is 5-foot column of fiberglass with pebbly floor, skylight roof. Heat-holding pebbles fill corrugated steel bench. To use, turn on water for five minutes on a sunny day, allow humidity to rise. Temperatures reach 120 degrees.



4. Cylinder of light built into Formica tabletop replaces overhead fixture, keeps foods warm, revolves like a lazy Susan. Particle-board cabinets hug curved, gray-stained wall; vertical fluorescent tubes light kitchen area.





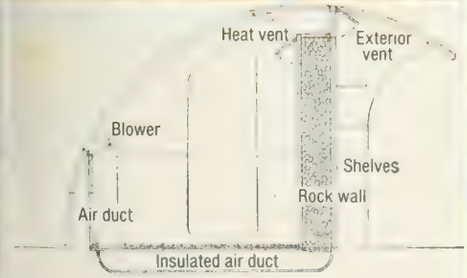
8. Plexiglass skylight bubbles were used as windows because they catch sun from greater angles than windowpanes, direct it into heat-storage tanks below. Crassula grows in small suspended terrarium. 15. Greenhouse floor is Styrofoam covered with pebbles to hold moisture. 16. Ellen in greenhouse.



9. One of four gardens where Ellen experiments with growing techniques on a site that not long ago "would not support grass." Now it flourishes with vegetables that feed the Jantzens and a host of rabbits besides. 17. Solar tomatoes were planted in early spring, protected by sun-warmed, water-filled inner tubes.

h side of greenhouse has shaded shelves for other storage. 14. South side has curved clear ass window with a sliding, insulated corrugated ass cover that keeps heat from escaping at In summer, cover is left off at night to let heat e. Winter heat is stored in a rock wall.

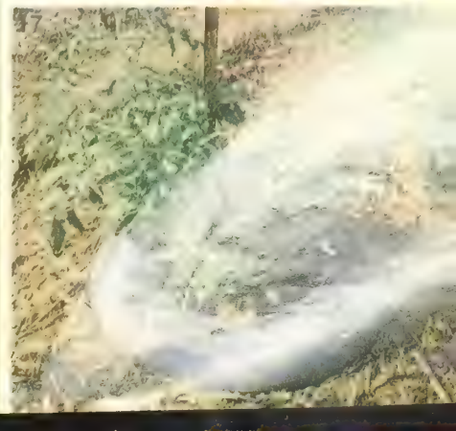




Sun enters through clear curved plexiglass, heats up wall of rocks. Underground duct circulates warm air to keep plants comfortable on long winter nights.







By Henry McNulty

Port or Porto? Apéritif or after-dinner wine? Ruby or Tawny or White?

Some intriguing facts about port

EDITOR'S NOTE: *Imitation is the reward of success, as the Porto Wine Institute, like many others, has discovered. It would now like its wine, made since 1746 only from grapes grown in a specified area of the Douro valley in Portugal, called Porto instead of the familiar Port to distinguish it from wines called port but made elsewhere usually from different grapes and by different methods. All genuine ports are labeled "product of Portugal," and wines bottled and shipped from Portugal must be labeled* vinho do porto, *but ports shipped in bulk to England and bottled there need not be and are not. Because of this inconsistency, calling Port Porto does not seem to clarify matters, so Henry McNulty writes appreciatively about it under its familiar name.*

Port is the most sensuous of wines. Even the adjectives used to describe it are voluptuous, smooth, seductive, velvety—sexy words that slide self-indulgently off the tongue, while the wine itself slides richly over it. It is an old-fashioned beverage to be sipped slowly, to be sat over for half an hour, or an hour, in perfect relaxation after a superb meal. It is one of the world's noblest wines.

Or is it?

Some people think port, on the contrary, is a trendy modern drink to accompany wild schemes hatched over a conservative bottle of Directors Choice. Or that it should be treated disrespectfully like the French and Portuguese themselves do. Get tough with it, drink it cold, as an apéritif or on picnics.

This pleasant schizophrenia—is it reactionary or revolutionary?—about just what port's position is in life makes it, besides being delicious, a fascinating beverage.

Port starts as a rather purple, ordinary, harsh table wine. Port shippers' skill blends this unpromising liquid, fortified by a touch of grape brandy, into a mellow Ruby, delicate Tawny, or venerated Vintage, with beautiful, subdued colors, and containing wines that are often older than the people who drink them.

In 1703, the British, to spite the French with whom they happened to be at war, practically eliminated taxes on Portuguese wine. Trouble was the wine was barely drinkable and traveled badly. In desperation, some English business genius thought of preserving very ordinary Portuguese *vinho* by adding brandy to it.

Much to his surprise and the delight of his countrymen, the process also improved the wine amazingly, emphasized its natural fruitiness, and made it simpler t ship. In 1775, the vintage wa already so exceptional that th shippers sent it to England un blended, to be bottled sedimen and all, and become the first o the famous vintage ports that En glishmen have stashed for yea ever since in their cellars—ofte only to be drunk, after they fade away, by their sons.

The city of Oporto (simply "th port"), from which the wine g its name, is where port shippe operate. They keep their wines i luscious-smelling lodges across th river from the city. Many of th lodges are owned by people wit very Anglo-Saxon-sounding name

Continued on page 14

Wonderful ways with winter vegetables

Clockwise from center: *acorn squash combined with orange-spiked cranberries, Turk's turban filled with a fragrant veal and red pepper stuffing, pumpkin soup laced with yoghurt or cream and served in individual pumpkin shells.* *For recipes, please turn to page 141.*

HOR



WINE & FOOD

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The not-so-accessible Beaulieu and how to find it.

There's a kind of community of Beaulieu-lovers who speak for us. Thus, there are always more people who want Beaulieu than there are bottles of our wine.

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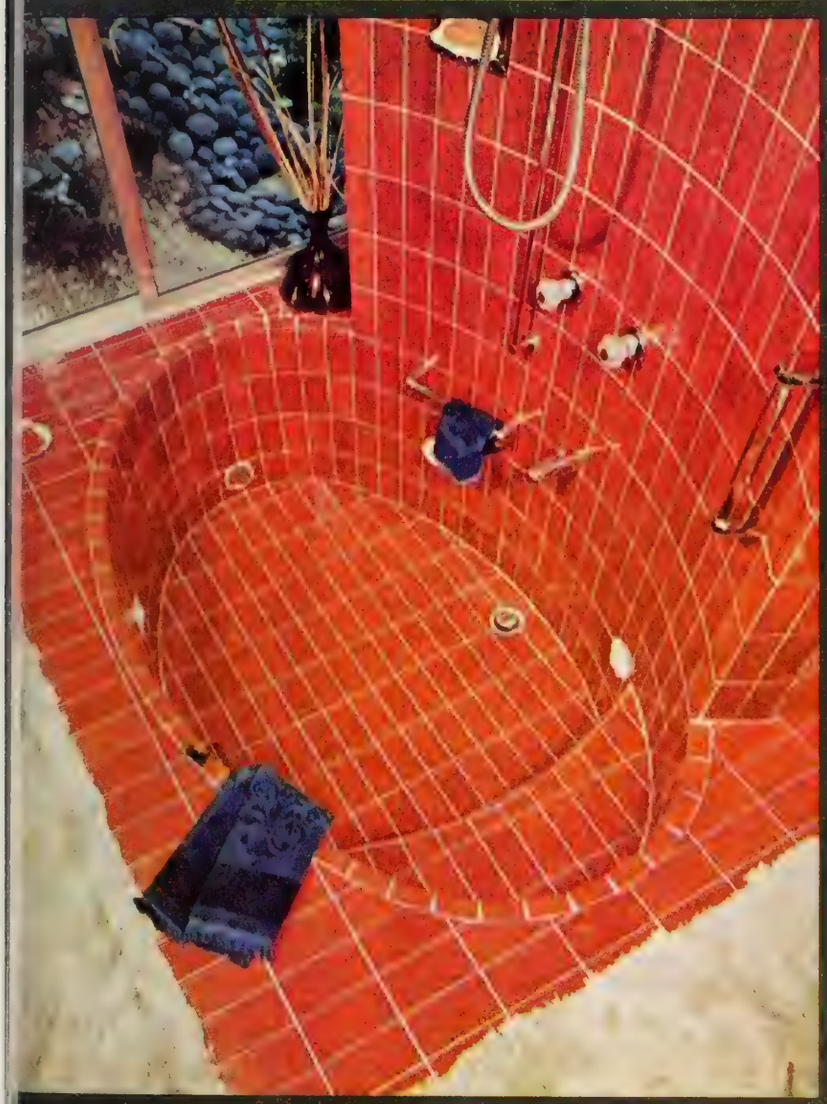
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How do you ripen an avocado quickly, keep brown sugar soft, and get mor juice from a lemon? The answers and other great tips for cooking an cleaning with natural ingredients from the kitchen cupboard come fro a new book, Kitchen Tricks, by Ben Charles Harris.

Time-saving kitchen tips

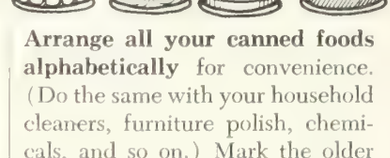
EDITOR'S NOTE: *An herbalist, druggist, and past president of the Boston Nutrition Society, Ben Charles Harris has compiled in* Kitchen Tricks, *an A to Z of handy tips, hints, recipes, and remedies all utilising ingredients commonly found or easily prepared in the kitchen.* Kitchen Tricks *will be published in November by Barre Publishing Co. Price, $7.95. Other books by Mr. Harris include* Better Health with Culinary Herbs, Eat the Weeds, *and* Kitchen Medicines.

To get the best of the delicate flavor of herbs put them into the preparation only in the last few minutes of cooking. Prolonged cooking accounts for any unaromatic or bitter taste from herbs.

★

Hot vinegar removes freshly dried paint from windows.

★☆★



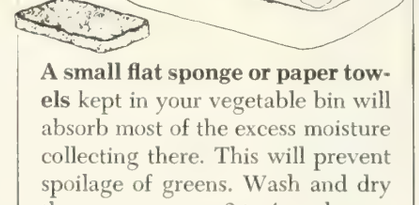
Arrange all your canned foods alphabetically for convenience. (Do the same with your household cleaners, furniture polish, chemicals, and so on.) Mark the older cans with a crayon or marking pencil so that you'll use them first. The longer canned foods remain on your shelf, the more nutrients they lose. The recommended shelf stay is one year.

★★

To dewax cucumbers as well as green peppers and rutabagas, soak for 5 minutes in a quart of tap water containing 10 to 15 drops of liquid detergent. Then wash with 1 tablespoonful of herbal or brown vinegar. Rinse in fresh tap water and rub off with a towel. Do not soak in salted water.

☆★☆

An aromatic vinegar helps the atmosphere of a smoke-laden room. One friend puts small bowls of it in the four corners of her living room when smokers congregate. Another friend uses a small dish of activated charcoal to remove postparty odors. Especially good for a poorly ventilated kitchen: set ¼ cup herb vinegar on the stove next to frying foods.



A small flat sponge or paper towels kept in your vegetable bin will absorb most of the excess moisture collecting there. This will prevent spoilage of greens. Wash and dry the sponges every 3 to 4 weeks.

★★

A heated knife blade will cut through fresh bread more easily.

☆

For a handy homemade fire extinguisher, keep a coffee can of salt or bicarbonate of soda near your stove.

★★

Popcorn will pop better if you leave it in the freezer for a full 24 hours before using.

☆★☆

If it's more lemon juice you want, soak the lemon in cold water before squeezing. Hot water or a heated oven may produce more juice, but the juice is inferior in taste and nutrients.

☆☆

To clear a sink or basin drain, try using ½ cup salt followed by boiling water. A slow-draining sink or basin calls for 2 to 3 tablespoonfuls salt and ⅓ to ½ cup vinegar. Allow to rest a few minutes and follow with hot water. In 1 hour, treat again with salt.

★

You may make a wash of hot water and a little powdered mustard to remove lingering odors. (This wash is also good to remove stubborn odors from jars and bottles. Let stand for a few hours before again rinsing in hot water.)

★☆★

Those cardboard rolls found in wax paper or foil make individual holders for long, sharp knives. Flatten the roll and close one end with staples or heavy thread. The knives are better protected—and so are you—and they're safely stored in a drawer.

☆

Add a new taste to leftover coffee by adding a small stick of cinnamon to a potful of the warming liquid.

Remove vegetable stains fro your hands by rubbing with a c raw potato. Rubbed on a paint surface, potato will remove pen grease and other tricky spots. Wi with damp cloth or sponge.

☆★

An uncovered lemon peel w absorb refrigerators ordors and a its own fresh smell to that area.

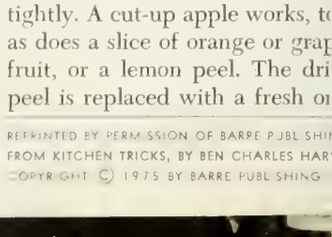
★

Be sure to remove the preservati sulfurous acid by **soaking apricc in cold water** for ½ hour and th rinsing once again in cold wat before eating. This is one of t favorite unsulfured foods of t long-lived Hunzas. Try eating t meat of the kernel.

☆★☆

To make cottage cheese: St with regular milk (certified raw possible), heat it in a double boi and when warm, stir in sm amounts of lemon juice—up to tablespoonful. Keep at low he and when curdling takes place, move container from stove. Allo to set a few minutes, strain throu several layers of cheesecloth. muslin bag may be used.)

☆★☆



DURELL GODFREY

Ways of keeping brown sug soft: Put a piece of fresh bread the container and close it secure The following day you will fi the sugar soft. Or you may emp the sugar into a glass jar or cle coffee can with plastic lid, a several marshmallows, and clo tightly. A cut-up apple works, t as does a slice of orange or grap fruit, or a lemon peel. The dri peel is replaced with a fresh or

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oring leftover chicken or beef ock? Freeze it in icecube trays. move the cubes and store in stic bags in the freezer. Label. move as needed.

★☆★

erb oils are easy to prepare. vide a pint of vegetable oil in r 4-ounce sections. Put into an, dried glass jars (we use pty preserve glasses of uniform e). To each 4 ounces, add ½ or easpoon of herbs of your choice. ace on warm stove or radiator or burner for several days. Strain ore using. Label the ingredi-s.

★★

ce may be powdered in a nder or blender and added to immering soup (near the end of cooking) or when you're about blenderize a portion of the soup. thickens the soup and enriches

☆☆

t your water bill in several ys—keep a bottle of water in the rigerator rather than waste a lot water by letting it run until cold; lowly dripping faucet can waste gallons a day, a fast drip, 25, l a slow stream, 200 to 300.

★

ffee grounds kept in an open ntainer help eliminate the must-ss of closets, cellars, and even refrigerator. (The grounds also ve the gardener by insuring an d condition of the soil where eded.)

★☆★

y only flour enough as can used within 4 to 6 weeks and re-gerate it an airtight container. ave uncovered at room tempera-e for 2 hours if recipe calls for st.

☆

king bread? By letting your ead dough rise in a plastic bag, u can punch it down hard and ead it vigorously, since the ugh doesn't dry out.

★★

o remove onion smell from ife and cutting board, rub with t and water or lemon juice or h a raw tomato.

☆★☆

o make your new broom last nger and sweep cleaner, slip an l nylon stocking over the ends the bristles.

If a soup is too salty, add a few slices of raw potato. Boil a few minutes and, if still over-salty, repeat the process with fresh potato slices.

★★

Lemon juice and ground lemon peel help tenderize chicken. Before cooking, rub the juice onto inside and outside and disperse the peels throughout the cavity.

☆

Cooking utensils: To remove hard-water rings from your stainless steel pans, soak a cloth with rubbing alcohol and apply it to the area.

★☆★

To hasten an avocado's ripening, put it into a brown paper bag, or wrap a newspaper around it. Leave it thus for several days until the skin color is no longer green.

★

Trim the dark outer leaves of lettuce and cabbage as little as possible and you save their vitamins A, B, and C, and minerals—iron, calcium, and potassium.

★☆

Tea or coffee stains in a cup? Wet with vinegar with a damp cloth dipped in salt.

☆★☆

Leftover cooked cereal may be used in making muffins. For each cupful used, reduce the amount of flour in the recipe by ¼ cup and the milk by ½ cup. Use the cereal as an extender for meat loaf, fishcakes, and green pepper halves.

☆

Flour sifter: Avoid washing to prevent flour lumps and rust. Keep in a bag when not in use. To clean it, use a large chicken feather or vegetable brush.

★★

To clean a grease-laden oven, place a pan (1 to 2 pints) of hot water and 1 to 2 tablespoonfuls ammonia in the oven and leave overnight. Sponge off grease in the morning.

☆★☆

If you want to make candles burn more slowly and evenly with a minimum of wax drippings, place them in the freezer for several hours—even overnight—before using.

★★



If only a little lemon juice is needed, don't cut the fruit. Pierce with a skewer, squeeze out the required amount, and replace in the refrigerator. ■

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continued from page 141

SQUASH WITH PRUNES AND NUTS

from The Country Seasons Cookbook *by Gladys Manyan (Crown)*

INGREDIENTS

- 3 cups cooked mashed butternut squash
- ¼ teaspoon salt
- ¼ cup honey or sugar
- ¼ teaspoon cardamon or other preferred spice
- 5-10 prunes (or dates) cut in bits
- ¼-½ cup chopped nuts
- orange juice, optional

METHOD

In a bowl combine all ingredients and mix well. Preheat oven to 350°. Pour mixture into a casserole, cover and bake about 30 minutes. If squash is dry, add a little orange juice. Serves 3-4.

PUMPKIN SOUP

from New Lessons in Gourmet Cooking *(Hearthside Press) by Libby Hillman*

INGREDIENTS

- 2 tablespoons butter
- 1 onion, finely diced
- 2 ribs celery, finely diced
- 1 carrot, sliced
- 2 tablespoons flour
- 1 cup pumpkin, cooked and puréed
- 3 cups chicken broth
- ½ teaspoon salt
- ⅛ teaspoon white pepper
- pinch of sugar
- ½ cup whipped cream or yoghurt

METHOD

Melt butter in a soup pot and sauté onion until golden brown. Add celery and carrot and cook for 1 minute. Remove pan from flame and blend in flour well. Add pumpkin and then gradually add broth and seasonings. Return pan to flame and bring soup to a boil, uncovered. Cover and simmer for 30 minutes. Purée in a blender.

When ready to serve, pour soup into 6 small pumpkins or soup pots and place 1 tablespoon whipped cream or yoghurt on each and broil for about 30 seconds. Cream will bubble and brown. Serve immediately. Serves 6.

KOHLRABI

Peel and slice 2½ pounds kohlrabi. Boil in salted water until tender. Toss with sweet butter and garnish with parsley.



STEAMED PARSNIPS

Cut 2 or 3 parsnips into ¼-inch rounds and sauté in 1 tablespoon butter for a few minutes. Add 1 tablespoon flour and stir well. Add 1 cup stock or water, cover pan, and cook gently for 1 hour, or until parsnips are soft. Garnish with chopped parsley.

CRISPY FRIED PATTY PAN SQUASH

from Edna Lewis

From the center cut ¼-inch wedges from a patty pan and dip them in seasoned flour. Fry in hot Wesson oil or butter until crispy. Drain on paper towels and serve hot. Or steam them and season with melted butter, pepper and salt.

PUMPKIN BUTTER

Peel and seed a medium pumpkin (about 3 pounds), cut into chunks and run them through the fine blade of a food chopper. Add pulp to a saucepan with 4 cups light brown sugar, ½ cup fresh lemon juice, and allow mixture to marinate overnight. Add 1 cup orange juice and cook over low heat, stirring occasionally, for about 3 hours or until water has evaporated and mixture is very thick. Spoon into containers and keep refrigerated. 3 cups. Delicious spread on homemade bread.

BOILED LEEKS

Remove roots and upper green leaves of 6 leeks. Split leeks in two and wash thoroughly under running water. Tie in bundles and cook in boiling salted water until soft. Drain and serve with lemon butter.

WINTER SALAD

Grate peeled Jerusalem artichokes very coarsely and mix with an equal amount of sliced endive and twice as much shredded celery. Toss in a French dressing.

PARSLEY CABBAGE

Slice a tight white cabbage very thin and grate stem coarsely. Add both to a fast simmering stock with a medium-sized raw, grated onion added for every pound of cabbage, and a liberal seasoning of salt. Cover and boil rapidly for 7 minutes. Strain and toss with freshly ground pepper, 1 tablespoon mixed chives and parsley, and butter to taste.

SQUASH-YOGHURT SALAD

from Vegetable Cooking of All N tions *by Florence Schwartz (Crow* Cut 10 small summer squash very thin slices and parbo Drain and chill thoroughl Sprinkle squash with 1 tabl spoon fresh mint leave chopped; 1 tablespoon fresh di chopped; salt, pepper to tast toss with 2 cups yoghurt. Serv very cold. 6-8 servings.

PARSNIP FRITTERS

Wash and scrape medium-size parsnips. Cook in boiling salte water for 45 minutes. Drain an mash; season with butter, sal and pepper. Shape into sma round cakes. Roll in flour and f lightly and quickly, turning fr quently. Drain.

BUTTERED CAULIFLOWER WITH ALMONDS

Place a large head of cauliflow in a saucepan, cover with equ amounts of milk and water, an cook until tender (about 45 mi utes). Sauté ¼ cup sliced almon in 2 ounces butter until light golden and pour over cauliflowe Serves 4.

LEMON BEETS

Cook 6 large beets in a larg amount of boiling water, covere for about 45 minutes or until te der. When beets are cool enoug to handle, skin and slice ther Toss with a lemony vinaigrett Serves 6.

GINGERED SWEET POTATOES AND APPLES

In a Teflon baking dish alterna layers of 2 pounds each of slice and peeled apples and sweet p tatoes. Add juice of ½ an orang 2 tablespoons lime juice, 1 t blespoon crystalized ginge chopped and dot surface with tablespoon butter. Bake in a 35 oven for about 30 minute Serves 6.

WILTED CELERY

Wash and scrape 1 head celer Cut into lengths and tie in bu dles. Boil enough water to cov celery, add celery, cover an cook slowly about 1 hour or un tender. Drain. Serve with a litt butter or a thin béchamel sauc Garnish with young green shoo of celery. ■

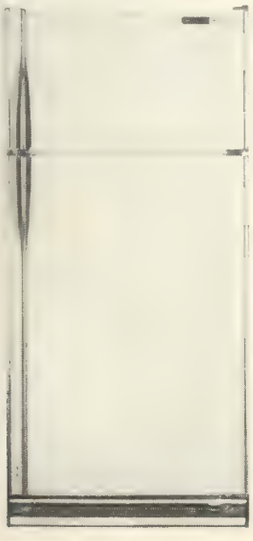
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$ 692.74	in Chicago. Ill.	@ $.044 per KWH	**$ 503.81**	in Dallas, Texas	@ $.032 per KWH
$ 692.74	in Cleveland, Ohio	@ $.044 per KWH	**$ 488.06**	in Bismark, N.D.	@ $.031 per KWH
$ 676.99	in Tampa, Fla.	@ $.043 per KWH	**$ 456.58**	in Sheridan, Wyo.	@ $.029 per KWH
$ 661.25	in Detroit, Mich.	@ $.042 per KWH	**$ 440.83**	in Oklahoma City, Okla.	@ $.028 per KWH
$ 645.50	in Jacksonville, Fla.	@ $.041 per KWH	**$ 409.38**	in Houston, Texas	@ $.026 per KWH
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(Second in a series of city listings)

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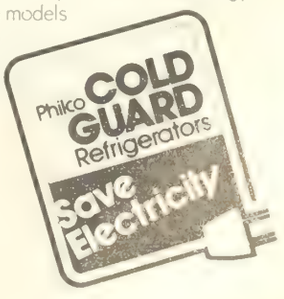


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THE REFRIGERATOR THAT HELPS PAY FOR ITSELF



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GERBER Legendary Blades

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You can set it to defrost and slow cook—or defrost and cook in combination. Put in a frozen roast. Touch the numbers for defrosting time and cooking time—and the solid state "computer" takes over. It will defrost the roast—then automatically wait for the temperature to even- and cook the roast. It's all automatic. Cooks everything with split second accuracy and tells you dinner's ready with a 'beep."

There's a digital clock on the control panel that displays the time of day in big, bright numbers. When you're cooking, this is a split second timer that displays the remaining cooking time. Then when cooking's done—it remembers, and displays the time of day again automatically.

The Amana Touchmatic Radarange Oven cooks everything in ¼ the usual time with 50% to 75% less electricity than a conventional electric range. For a demonstration, or more information, see your Amana Retailer, or write Ann McGregor, Dept. 529, Amana, Iowa 52203.

If it doesn't say Amana - it's not a Radarange MICROWAVE OVEN

Backed by a century-old tradition of fine craftsmanship.

AMANA REFRIGERATION, INC., AMANA, IOWA 52203 • SUBSIDIARY OF RAYTHEON COMPANY

Spur-of-the-moment party food

continued from page 142

VEAL CUTLET MILANESE

INGREDIENTS

6 1-inch-thick veal cutlets, with bone
2 eggs, beaten
fine bread crumbs
2 tablespoons butter
2 tablespoons oil
salt
lemon wedges

METHOD

Pound cutlets until about half the original thickness and nick edges to prevent curling during cooking. Dip cutlets in egg and then in bread crumbs. Fry in hot butter and oil (or just oil) over low flame until golden, about 10 minutes. Don't disturb during cooking or golden crust will break. Cook on second side for slightly less time. Serve with lemon wedges. Serves 6.

GREEN TART

INGREDIENTS FOR PASTRY

½ cup flour
1 egg
2 tablespoons olive oil
1 teaspoon yeast
1 teaspoon salt

METHOD FOR PASTRY

Mix all ingredients and roll out thinly. Place a few drops of oil in a 12-inch baking dish and spread evenly. Cut pastry with a pastry wheel so edges are uniform and will extend about 1 inch beyond pan's edge. Place in pan.

INGREDIENTS FOR FILLING

2 pounds greens (spinach or collard greens)
salt
1 cup rice, uncooked
2 cups milk
1 tablespoon oil
3 cloves garlic, chopped
handful parsley, chopped
6 tablespoons Parmesan cheese grated
2 eggs, lightly beaten
1 cup cream

METHOD FOR FILLING

Boil greens in 1 inch salted boilin water for a few minutes; drai squeeze, and chop finely. (Coo collard greens for about 15 mi utes). Preheat oven to 350°.

Cook rice in milk slowly; ri will absorb all the milk. Heat oil skillet and briefly sauté garlic wit parsley. Add chopped greens an cook 3 to 4 minutes. Remove fro heat and add cheese, eggs, crean and rice mixture. Blend well.

Fill pastry shell with filling. Fol side of pastry in about 1 inc toward center. Bake in oven for hour or until top is golden. Serve 8.

TOMATO AND BASIL SANDWICH

Spread olive oil on a slice toasted French or Italian bread Top with a slice of fresh tomat and sprinkle with chopped bas and salt. ■

Facts about port

continued from page 138

and this is scarcely odd because the beverage was more or less invented by the British.

Vintage port is made from the grapes of a single year, unblended, and the year must be exceptional. Vintage stays in casks only two or three years, so it has no time to throw a crust before bottling, thus it needs to be decanted. In the bottle, it goes on maturing and improving for fifteen to twenty years. Port, by the way, keeps for as many as six months once it is opened, so you needn't feel you have to gulp it all down immediately.

There are old ways of drinking port, and new. The new ways include drinking it as an apéritif, following the lead of the Portuguese themselves and of the French (who now drink more port than the British do). Then yo can blast off into space-aged mixe drink ideas like a *Revolution*—tw parts Ruby Port, 1 part vodka, i a tall glass, with ice and a splas of soda.

A more capitalistic way to drin port is in a *Portcola*—three part any cola drink, 1 part Ruby Port garnished with cherries, pineappl chunks, ice. And a mixture of por and lemonade made with sod water is a great cooler at a tenni party. The same is true of Ruby i a tall glass with ice, soda wate and a slice of orange.

The most sensuous of all port is Vintage, which should be treate with the respect due its years Only four vintage years were de clared by most growers in th port vineyards during the te years 1960 to 1970, for example

om the turn of the century
r of the greatest years for
ts—1912 (gorgeous),
27, 1931 (magnificent),
35 (at its peak)—were
rish years for French and
rman wines. Since then,
58, 1960, and 1963 have
been good for port but
so for the French and
rman wines. Port growers
st have quick heat at the
it time, and not too much
t, while the northern vint-
s pray for a lingering, hot
nner. If you are able to
it that long, by 1980 you
uld be able to drink a
eat" 1963, and a good 1970
it later!

A Portuguese wine worker
tell top vineyards from sec-
l class ones by standing on
ill, in the light of the full
on, and noting which shine
l which look dead. The
d-looking ones produce
best grapes. From these
d vineyards, and from any
ers they may own, vintners
l shippers are elected to
mbership in the Factory
use, a club that is a sort of
fficial museum of port in
orto. The Factory House
ongs to a dozen firms for
ich it was built toward the
l of the 18th century and is
d with period furniture,
dpainted ceilings, and
es of antique china. All
mbers upon election have
present the club with six
es of their Vintage Port.
t imagine the quality of
nking that goes on. Your
its make you move from
dining room to another
order to be sure that food
ells do not interfere with
port's bouquet!

"'Drinking port'," David
therford, an English expert
ose company represents the
ous Quinta do Noval, ex-
ins, "begins as a young
nded wine, kept long
ough 'in the wood' to lose
original purpleness. Bot-
d after two or three years,
s called Ruby, the *vin ordi-
re* of ports, less expensive
n other ports because of
youth—less costly storage
its past." As it continues to
, bottled port becomes
hter in color, "tawny" in
t. A ten-year-old Tawny
inta do Noval is drier,

Continued on next page

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Just visualize how that brilliant red, white and blue combination will bring your room to life. The generous 39″ x 68″ size lets you display the afghan on a bed or drape it over a sofa. Or go all out and mount it as a striking wall hanging. If you're partial to early American or traditional decor, the flag theme is a natural. And those zingy colors and bold design could be the making of a contemporary scheme!

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continued from preceding page

smoother, and more elegant than a Ruby, with a nutty flavor. A twenty-year-old tawny is for connoisseurs—rare and lovely sipping. Late bottled port is comparatively young but kept longer in casks than Ruby, five to six years, before bottling. Because this gives it time to throw its sediment, it does not need decanting, so is easier to serve.

Crusted port is nonvintage; it can be a blend of wines of different years or of several vineyards but treated like vintage. There is also White Port, made with white grapes and, as usual with white wines, separated immediately upon pressing from the skins, contact with which, white or black, gives wine its color. White Port is usually drier than Ruby or Tawny. Cold, it makes a wonderful apéritif, or with ice and soda water, a fine long drink.

A great British port connoisseur, George Delaforce, used to say that the best time to drink the stuff is "Now!" In his late seventies, he played golf and court tennis, worked three days a week, and did all this on a diet of Tawny, which he claimed must always be drunk either at cellar temperature or chilled. Among the ports he recommends are Harvey's Director's Bin, Cockburn's Special Reserve, Croft Distinction, Fonseca 30-Year-Old, Martinez Directors Reserve, and, of course, Delaforce's His Eminence's Choice.

If you want your port mixed, the simplest *Port Cocktail* is 2 jiggers port, 1 dash cognac, stir with ice, strain into a glass, and squeeze an orange peel over the top. Nearly as easy is a *Devil*—1 part port, 1 part dry vermouth, a dash or so lemon juice. Stir with ice, strain into a glass. A *Port Flip* uses 2 jiggers Ruby, 1 egg, 1 teaspoon powdered sugar. Shake well with ice, strain into a glass, add nutmeg on top, if you like it.

And before you retire in general, or to bed in particular, try drinking a good dollop of Tawny Port in a tumbler, filled with cold milk, and see how fast that gets you to sleep. For a warm nightcap to entertain several friends on a cold evening, try the *Negus:* 2 bottles Ruby, grated peel of 1 lemon, juice of 2 lemons, several cloves, a sm stick of cinnamon. Add a quart boiling water.

AMERICAN PORT

(a footnote from José Wilson)

Although the United States pr duces infinitely more "port" wi than does Portugal, general speaking the similarities end ther for port depends for its excellen on the grape varieties used ar the manner in which it is made ar aged. As long as it carries a lab of origin, such as California po New York State port, or simp American port, our regulatio allow any grapes to be used, i cluding the labrusca or rais varieties. The cheaper ports, to may be made by a shortcut meth that involves "baking" the fortifi wine in heated tanks, or leaving in contact with oak chips. Suc ports tend to be sweet, heav fruity, bland, and cloying. Late though, a limited amount of exce lent California port has been ap pearing, since the premium wine ies like Paul Masson, The Christia Brothers, and Almadén plante the original Portuguese grape var eties. These often bear the variet name or the word Tinta on th label, rather than the customar generic "Ruby" and "Tawny. Many connoisseurs consider a outstanding American port to b that made by the small Fickli Vineyard in the San Joaquin valle of California from the finest Dour grapes—Tinta Cão, Tinta Madeira Touriga, Souzão, and Alvarelhão Ficklin follows the Douro techni ques, ages the port for four year in small casks before bottling i and binning it for further aging Ficklin has a Tinta Port, a solera blend of all its vintages since th first in 1948 plus limited bottling of vintage ports, which can b bought only from the winery. ■



RECIPE CORRECTION

The crust for the Blueberry-Raspberry Galette from Suzanne Taylor appearing in our August issue page 59, should read:

INGREDIENTS

- 1 cup flour
- ½ teaspoon salt
- 1 tablespoon sugar
- 6 tablespoons butter
- 1 egg yolk
- 1 tablespoon lemon juice
- 1 tablespoon water

METHOD

Sift flour with salt and sugar and work in the remaining ingredients. Chill. Pat dough out until ⅛-inch thick and fits a 12-inch galette pan (shallow fluted pan). Chill.

nued from page 122

powerful magnets which may rb the delicate adjustment of color TV.

you hang your speakers, they have to be level—tilt them rds the main part of the room e you listen.

telines on acoustics

regular surfaces are more ef- ve at dispersing sound than a area—so within limits, the things in your room (pictures, shelves, curtains, alcoves, the better the acoustics. en you go into an empty house, rooms echo with sound rico- ng back and forth.)

arallel walls, or a hard flat ng and a parquet floor, create es and can make for harsh d. Rectangular or square ns often have this problem, so ou have this shape room, try ng something absorbent on the llel surfaces—rugs, curtains, , for instance. But *do it in hes*—two totally absorbent ng surfaces also create poor id—wall-to-wall carpeting and stic tile ceiling, for instance. ombinaiton of absorbing things reflecting things is best for your speakers—scatter rugs with a hard ceiling, for instance.

3. If your sound is *not very bright* (too few high frequencies), then perhaps your speakers are directing the sound into something very absorbent such as a heavy curtain or upholstered chair (the heavier the material, the more absorbent).

4. If you want *more bass sound*, try your speakers near a corner of the room, or on the floor. (Walls and floors are mirror surfaces for sound, and since bass sound goes out in all directions, these positions double the bass sound.) Or move them away from openings such as doorways or windows, since these allow bass to escape.

5. If the sound is *too boomy* (too much bass), move your speakers away from corners or the floor, and use upholstered furniture or curtains to absorb the sound.

6. If there is *too much treble* (high frequencies), remember that high frequencies are quite easily absorbed and diffused by objects in a room. So put small objects around the room, irregular in shape preferably, such as sculpture or lamps. Avoid concave shapes, which act like a lens, making the sound reverberate too much (as in the dome in the Capitol, or bay windows, for instance). Or add patches of curtain or cork in the area near the speakers.

How to buy hi-fi equipment

1. Decide what components you want to buy. You can see from the plan how the various components fit together. The advantage of buying separate components, rather than an all-in-one compact, is that most components are interchangeable (check this with your dealer), so as your budget increases and components improve, you can buy new ones as time goes on, continually improving your sound system.

2. Find a good dealer. This is easier to say than to do, but one guideline is—if the dealer talks in such a way that he confuses you, then he is not right for you and you must find one who talks in a way you understand. (Companies are trying to train dealers to do this.)

3. Set a budget. Put a ceiling on it, and buy within that range, remembering that the *speakers* and the *cartridge* are the most important components in any hi-fi system.

4. Take in one of your own records that you know well, and play it in the showroom. That will give you some indication of the accuracy of the sound.

5. Buy what will be most useful. If you are hesitating between records and tapes, remember that (a) records are much easier to handle and (b) there's a much bigger repertoire on record than on tape. Tape, on the other hand, gives you longer listening time, allows you to select what you want to listen to, and, if in cassette form, is easily portable.

6. A small room (10 by 12) needs less power. Power is expressed in watts, and receivers, for instance, vary from 15 watts to 100 watts per channel. Tell your dealer the size of your room. Note that the *only* advantage of more power is that it lets you play louder without distortion in the sound.

Tips on care and storage

1. Keep records clean—most cleaning equipment now on the market (velvet pads, anti-static brushes) is very effective. (And in this way, the stylus keeps clean.)

2. Never play a record twice in a row—let it sit for an hour before

Continued on next page

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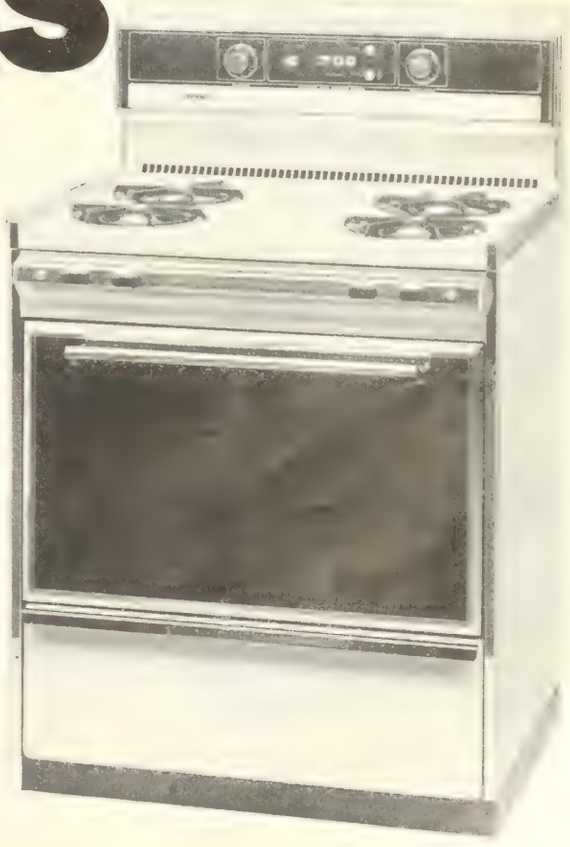
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Sunbeam Humidifiers
built with integrity—
backed by service

Buy and install music equipment

continued from preceding page

you play it again. This is because as light as the stylus is, and as sensitive as the groove is, when the stylus runs through the groove it changes ever so slightly the dimensions of that groove as it pushes on it. A record is plastic, and in time comes back to the original shape, but you must wait till it does.

3. Clean a tape recorder head once in a while—metal particles on a piece of tape can cake on head.

4. Store records upright and away from heat. Like books, they do not store well in piles as they can warp, and the dust gets ground in.

5. Tape or cassettes are easy to store, but should be filed careful or you will forget where they a

What is Dolby?

You may notice that on so components the word "Dolby" part of the description. (It occ particularly in tape recorders.) Ray Dolby is a scientist who vented a circuitry to take out ba ground noise in sound. A Do circuit can reduce dust noise a hiss—the kind of noise that go hi-fi equipment will sometimes produce, since good hi-fi, of cour reproduces every sound perfect Most good equipment now co tains a Dolby circuit. ■

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In every issue from now through December, 1976, you'll see special selection of things for the house that House & Garden h chosen as a salute to the Bicentennial celebration, things you c buy at The House & Garden Great American Idea Centers in t following stores across America. For the fifth in the series, Gre American Naturals, please turn to page 132.

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Fairbanks — Nerland's

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Phoenix — Goldwater's

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Colorado
Denver — May-D&F

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Top designers speak

continued from page 97

light and life."

"To make a multipurpose room look good, simplify," suggests designer William Hodgins. "Make the architectural elements as simple as possible, so that the room, although used for sitting, dining, and a kitchen, for instance, has a uniform look. Let the furniture do the work."

"If you have a living room and a family room divided by a wall," says designer Tom Britt, "rip it out, opening up the space. To make irregular proportions more uniform, stain floors in a huge parquet pattern of black, brown, and beige, giving a contemporary, unified look."

"You can design a room, and, if you move, take it with you," advise designers Ed Zajac and Richard Callahan. "Use color and upholstery. Shiny tomato-colored walls, for example, and no curtains, just Roman shades in orange colors. Lots of upholstered furniture covered in beige quilted linen, with bright-colored pillows–everything slipcovered. Use paintings for accents, with long contemporary picture lighting as the only lighting in the room."

"Take a space 11 feet square— how can you seat eight people?" asks designer Jay Spectre. "How can you use it as a sitting room and a small party room? Well, it's simple. Eliminate all clutter. Use overscaled banquettes against the walls, the same color or fabric as the walls. Use one color throughout the room, with a color accent of flowers, or black or white. Have only indirect lighting. Bare essentials–surfaces for drinks and ashtrays, a table that opens with trays inside for dining, a table that opens up for games."

"When in doubt, take out" is designer Jay Steffy's advice.

"If your room lacks character, cope with first things first–architectural detail and quality," says designer Albert Hadley of Parish-Hadley.

To turn an old dark house into a light, family environment, eliminate, first of all, carvings, moldings, and walls," advises designer Louis Bramante. "Paint everything white, and use mirrors for more space. Add arches for an illusion of coolness. And here's a kitchen flexibility tip: Have two refrigerators, one near the door into the garden for fruit and drinks."

If you are thinking of an indoor pool for exercise all year, make it like any other room in the house, suggests designer Patrick Maas of Est-Est. "Make windows low enough so you can see outside when you're in the pool, and use an indoor/outdoor carpet that's practical and doesn't skid. Grow plants here–it makes a perfect greenhouse–and make it even more roomlike with pictures and sculpture, using only picture lights for lighting."

"When you plan a room, start with the lighting, throughout the house," say designers Robert Denning and Vincent Fourcade. "If you use shaded lamps on the walls to begin with, there's no need to clutter the room with tables everywhere–it makes for simplicity."

"If you have a large family, here's a solution to where they all wash," says architect Kenneth Lange, of Elder, Angell & Lange. "Create an interior central compartment–an inside area accessible from all the children's bedrooms, containing tub, shower, several sinks and toilets. Put skylights in for natural light and ventilation." (For Mr. Lange's common-sense solution to the George Wests' family dining room/kitchen, see page 97.)

"To make a room work as an office, dining, and living room, use movable banquettes for entertaining and an informal conference area," suggests designer Melvin Dwork. "Put a heavy-duty plywood tabletop over a cocktail table to enlarge it into a dining table. For additional seating, use folding canvas chairs that store in a closet with the tabletop." ■

The right sound

continued from page 120

irregular, the sound can't bounce back directly and the echo stops. But many rooms are shaped in rectangles and cubes so this problem often occurs.

"Ultimately I'd like to see this problem confronted by architects —for instance, designing walls slightly closer at one end than the other, or slightly slanted, to avoid the sound bouncing back on itself. The reason why this is so important is not for the hi-fi. It's for your own living. When you live in a house with bad acoustics, it builds tension. Sound affects your state of mind. Good sound makes life more pleasant—it's a wonderful feeling, for instance, sitting in the Vienna Opera House. Fix a room for good acoustics and your music system will sound marvelous—and you will live better and happier at home. ■

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Frankly I'm not sure of the *technical* reasons that my weight loss plan makes ugly fat disappear into thin air. *It just does.* It's a simple new way of eating and thinking.

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Now, *that* may sound like a boast, but I want to assure you that sending me 10 dollars for my secret . . . which I'll hold until you are slim . . . is the wisest thing you've ever done.

Because, if you are anything like me you've spent half your life starving, the other half feeling guilty about eating. *Never again, I promise!*

For years I struggled and sweated to lose weight. I tried everything — fad diets — jogging — aerobics — went to diet doctors — took pills — read dozens of so-called miracle-diet books. Nothing worked for me.

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It doesn't take *willpower.* You never feel hungry because you can eat a great deal of food. Before it seemed everything I ate turned to fat — now everything I eat turns to energy. The weight comes off so fast you don't have a chance to quit.

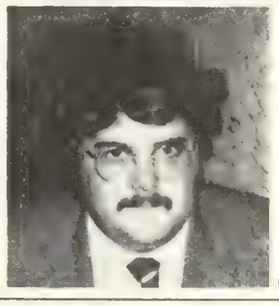
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(Name available upon request)



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If I return your plan — for any reason — within that time, return my uncashed check or money order to me. On that basis, here's my ten dollars. 4J—626

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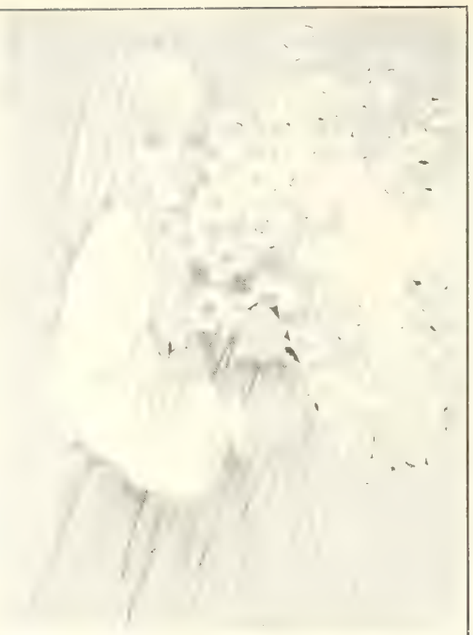
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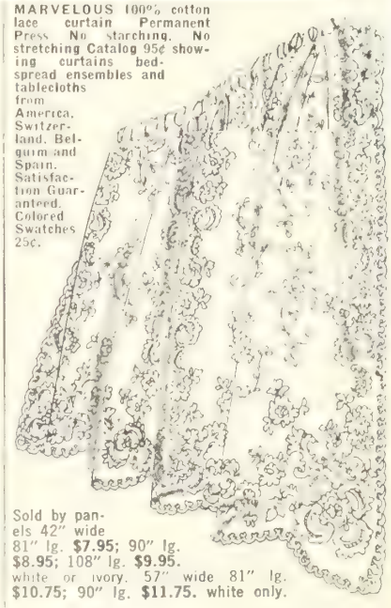


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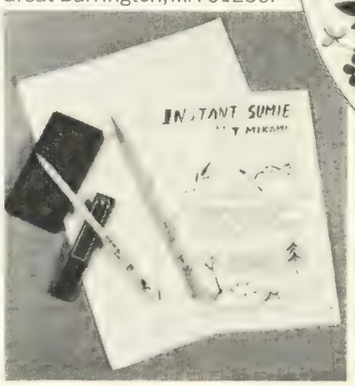
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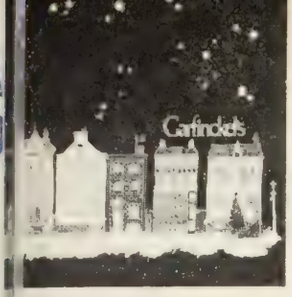
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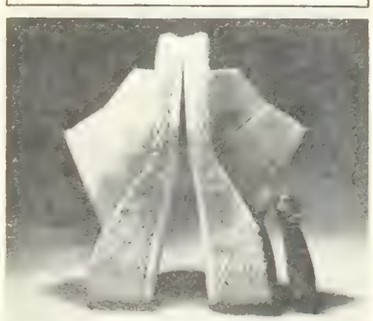
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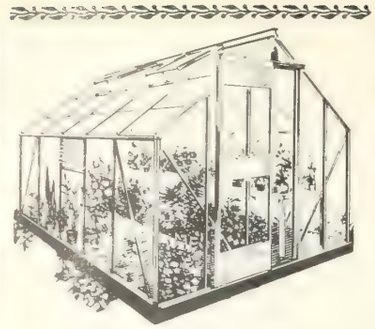
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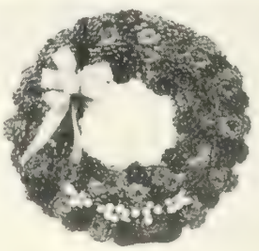
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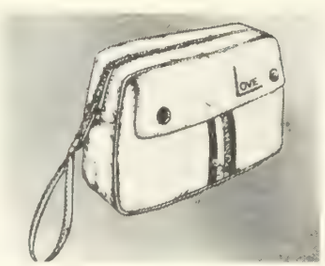
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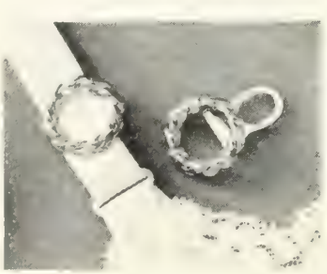
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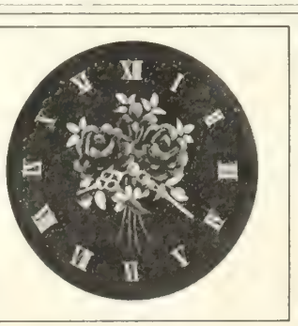
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Gold-finished metal lingerie clips keep bra and slip straps secure in handsome fashion. A smart way to be sure that straps won't tumble down when wearing a low cut gown. Set of two, $1.69 plus 20c post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



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This beautiful hand-painted toleware clock makes a useful and charming wall decoration for any room. Lovely red, blue and green floral and leaf design, with gold Roman numerals, on a black background. 11" diameter. Guaranteed for one full year. Send check or money order. N.J. res. add sales tax.

Battery movement **$24.50 ppd.**
(operates on D cell battery not included)
Electric movement **$21.50 ppd.**

15 Day Money Back Guarantee

Gift House

Dept. H105, Box 805, Clifton, N.J. 07013

Shopping for Surprises

with Harry and David

Creators of the Fruit-of-the-Month Club®



CHEESE WHEELS

Three round pounds of natural, aged cheddars — exclusively packed in a special crate Harry and I make from solid Oregon pine. Each fine cheese is aged to a distinctly different flavor — **Mellow, Sharp,** and **Extra-Sharp.** Each is wrapped in colorful, flavor-saving wax, and hand-packed in that unique crate. Available Nov. 10 to April 15.

Order Gift No. 360 ..... $12.95 delv'd



FIRESIDE FAVORITE

World's most nutrifying mixture — English WALNUTS, California ALMONDS, sweet, woodsy Oregon FILBERTS, BRAZILS from Brazil, and PECANS . . . so big and perfect they're not sold in stores! Handsome handwoven wicker basket, nutcracker and picks are all included. Net wt. 1-2/3 lbs. Available Oct. 15 to April 10.

Order Gift No. 412 ..... $8.95 delv'd



BONSAI JUNIPER

Nature in miniature — this little tree is already three years old, yet just 6 inches high. Planted in a special clay pot; comes with 96-page handbook on the ancient and subtle art of Bonsai. Available all year.

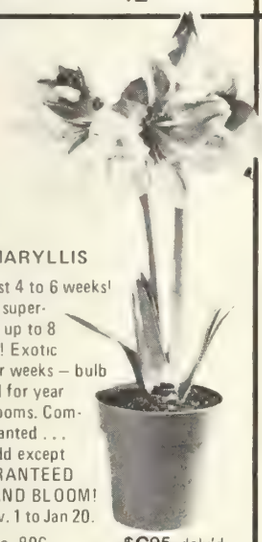
Order Gift No. 261 ..... $13.95 delv'd



CHRISTMAS CROCUS

Completely pre-planted and ready to grow in a genuine handpainted Delft planter! Nothing to add but water — includes 12 top size bulbs. Do order NOW for Christmas delivery! Available Dec. 10 to Feb. 14.

Order Gift No. 801 ..... $10.95 delv'd



GIANT AMARYLLIS

Blooms in just 4 to 6 weeks! Flaming red, super-sized flowers up to 8 inches across! Exotic show lasts for weeks — bulb can be stored for year after year blooms. Completely preplanted . . . nothing to add except water. GUARANTEED TO GROW AND BLOOM! Available Nov. 1 to Jan 20.

Order Gift No. 806 ..... $6.95 delv'd

Fruit-of-the-Month Club®

Since 1936, America's favorite family club. Month after month, a parade of the world's rarest and finest fruit sent direct from the orchard. Each gift box with your greetings. All announced by a handsome, gold-embossed Certificate of Membership.

Christmas — Royal Riviera® Pears
Jan — Crisp Mountain Apples
Feb — Royal Grapefruit
March — Royal Oranges
April — Hawaiian Pineapples
May — Wild 'n Rare® Preserves
June — Home-Canned Fruits
July — Giant Kiwi Berries
August — Exotic Nectarines
Sept — Oregold® Peaches
Oct — Alphonse LaValle Grapes
Nov — Spanish Melons

3-BOX CLUB: Surprise them with gorgeous gift boxes for Christmas, January and February!

Gift No. 111 ..... $24.95 delv'd

5-BOX CLUB: Keeps coming and coming! Christmas, January, February, May and September

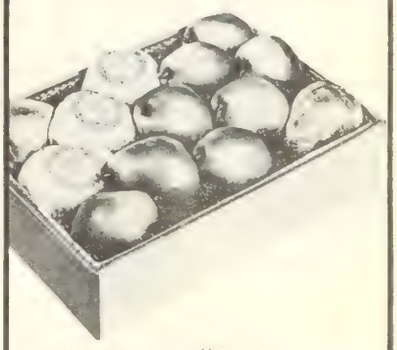
Gift No 141 $39.95 delv'd

8-BOX CLUB: Delight them to pieces again and again! Christmas, January, February, May, August, September, October and November.

Gift No. 151 ..... $66.95 delv'd

12-BOX CLUB: Flabbergasting! A gorgeous gift every single month of the year

Gift No 201. $95.95 delv'd



ROYAL RIVIERA® PEARS

So big and juicy they'll eat 'em with a spoon — so rare, not 1 person in 1000 has ever tasted them! Beautifully gift packed and sent with your personal greetings. Perfect arrival guaranteed! Net wt. 6-3/4 lbs. Order NOW for Thanksgiving and Christmas.

Order Gift No. 1 ..... $8.95 delv'd

We guarantee your complete satisfaction in every respect ... or your money back!

Every year folks write to tell us how pleased their friends are with gifts from Harry and David. Our "secret"? It's the personal touch that's part of every gift we make. Harry and I grow our own fruit, bake our own cakes, put up our own preserves — even make our own baskets. If you could see the care with which our gifts are put together, you'd know why the quality is guaranteed.

Every one of our gifts is custom-made and packed by hand. Folks who won't settle for less know they can rely on Harry and me for gifts that are in perfect taste — and delivered to the right place, at the right time, in perfect condition. **We guarantee it:** you, and those to whom you send Harry and David gifts, must be completely satisfied in every respect, or we will promptly send a replacement gift or refund your money, whichever you prefer.

We do all the wrapping, addressing, even ship with your personal greetings at no extra cost — and get your gifts in the mail at the right time, whether it's one gift or 1,000. And *you'll* enjoy a wonderful carefree Christmas — basking in showers of thanks for months to come!

EASY TO ORDER Use the order blanks at right, or just send us your list. Enclose check or money order (no C.O.D.'s please). Tell us how to sign your greetings for each gift. All prices include delivery.

Send your orders to:



Harry and David
Box 501-G Medford, Oregon 97501

© 1975 Harry and David

Order here or send us your list

SHIP AS MY GIFT TO _____

STREET _____

CITY _____ STATE _____ ZIP _____

Quantity	Name of Gift	Order No	Amount
			$

Ship to Arrive for Christmas ☐ Ship to Arrive On (Date) _____ Use Card ☐ I enclose ☐ (Max 3½ x 5)

Greetings to read: _____

SHIP AS MY GIFT TO _____

STREET _____

CITY _____ STATE _____ ZIP _____

Quantity	Name of Gift	Order No	Amount
			$

Ship to Arrive for Christmas ☐ Ship to Arrive On (Date) _____ Use C[illegible] ☐ (Max 3½ x 5)

Greetings to read: _____

Ordered By: _____

Address _____

City _____ State _____ Zip _____



Romantic Victorian

all solid Mahogany, hand-carved furniture!

New way to buy finest quality furniture. Shipped F.O.B. direct from factory to your home (at cut prices). All tables have marble tops from Italy. Large choice of sofas, chairs, love seats, tables, lamps, rockers, dining room, clocks, bedroom. Superb workmanship at modest prices. America's largest selection is in our catalog. And, costly fabric cuttings are sent free!

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To get our catalog G-105 and costly fabric cuttings, send just $1. We will refund with certificate good for $2 on your first purchase.

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FIRE ALARM

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Talbots



Storm Boots

Our super storm boots, back again and better than ever, have polyester fleece lining, non-skid crepe rubber soles and sueded water-repellent uppers with acrylic mouton and leather trim. May be worn with heels or flats. Black or brown. Whole sizes 5-10M. They run large so state shoe size. $28.00. Add $1.50 for postage.

Send for our new free color catalog.

THE TALBOTS, DEPT. NU, HINGHAM, MASS. 02043
Duxbury, Lenox, Mass., Avon, Hamden, Conn.

Handcrafted Hanging Basket



Give a graceful lift to your home, deck, or garden with an original handcrafted hanging basket by Douglas and Heide Hird—fashioned in flowing lines of sturdy rustproof wire, painted white. Lasting style and construction. Overall size, 32½" high by 12" wide. Holder: 7½" wide by 6" deep. Beautiful gift for your favorite plant or friend. $16.00 each holder; $15.50 each for two or more. Other designs also available. Postage paid. Sorry, no C.O.D.'s.

Tonia Incorporated
P. O. Box 2665
Menlo Park, CA 94025

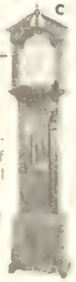


BUILD THESE BEAUTIFUL CLOCKS

NOW AT BIG SAVINGS!



Send just $1 for plans & instructions to build choice of (A) Grandfather or (B) & (C) Grandmother plus information-packed catalog of movements, dials, parts & kits to build these and 16 other fine clocks. All 3 plans—$2.50. Catalog alone 50c



NEW!

UNFINISHED & FINISHED
ASSEMBLED CASES

are now available for these superb clocks with a wide choice of woods, movements, and dials. Full details included in catalog

MASON & SULLIVAN
Dept. HGX, Osterville, Ma. 02655



LIGHT and AIRY with LACE

A fresh new country look in dacron batiste. Extra wide, 100" per pr. with full 7" scalloped lace edged ruffle. Tiebacks included. 100% dacron polyester needs no ironing. White or eggshell. 54" $16, 63" $17, 72" $18, 81" $19, 90" $20.00. Add $1.50 post. & handling. Md. res. add 4% tax.

"OLD MANOR HOUSE CURTAIN BOOKLET" with actual fabric samples, 50¢

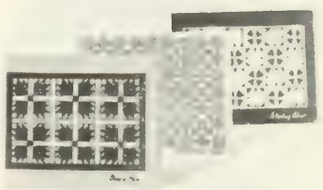
MATHER'S
31 E. Main St., G10-5, Westminster, Md. 21157

SHOPPING AROUND



TOP O' THE DAY

Genuine Irish tweed hat, an international favorite, comes in mixtures of gray or brown (specify). Grand for rainy days, its sheep's wool just sheds the rain. Men's 6½ to 8; women's 20¼ to 25. $16.50 ppd. Norm Thompson, HG10, 1805 N.W. Thurman, Portland, OR 97209.



APPALACHIAN NOTES

Traditional quilt patterns are silk screened on note cards for informal correspondence. Colors and texture are remarkably brilliant. Cards are packaged in tens with envelopes, $2.25 ppd. Catalogue, $1. Appalachian Fireside Crafts, Dept. HG-NC, Box 276, Booneville, KY 41314.



HUMMEL MUSIC BOX

Lovely hand-screened figures on permanently finished fabric. Polished hardwood frame, black accents, Engraved brass plate: Christmas 1975. Plays Gounod's "Ave Maria," Swiss made. 5¼" dia. $14.98 plus 80c post. Lillian Vernon, GOE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



FAST CLIP

Sliding shoulder bag straps can be such an annoyance—sterling silver pin attaches to garment, snaps strap in place. Engraved with three initials (Specify); pretty when worn alone, too. 1¾" x 5/16". $8.25 plus 65c post. Postamatic, HG1075, Lafayette Hill, PA 19444.



SAUCEPAN STEAMER

French cooks make vegetables taste good and stay nutritious by keeping them above boiling water in a steamer like this. Stainless steel, 5½" dia. at bottom; expandable top opens to 9½". $3.98 plus 50c post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



WISDOM AGLEAM

Wise old owl pendant and earrings in golden metal are perfect choices to compliment fall costumes. Pendant 4½" long on 24" chain; earrings, clip-back or pierced. Pendant, $3.95; earrings $2. Add 35c post. Romar Sales, Dept. RS-5T, 380 Madison Ave., New York, NY 10017.

REMEMBER THE SOAP SAVER?



Here is one of those "always useful" items that Grandma had in the kitchen. The little pieces of soap that get thrown away can now be recycled and used for dishes, delicate laundry and for the baby's bubble bath. Rustproof. $2.79 ppd.

A free cut nail to hang it on.

Mass. res. add 3% sales tax

FREE GIFT CATALOG

TREMONT NAIL CO
P.O. Box 111 Dept. HG 105
Wareham, Mass. 02571

Medical, Nutritional Experts Warn You:

Don't CRASH Diet!*

It can destroy your figure, beauty and sex appeal!

Here's a simple, medically-approved, university-tested slimming plan that has you losing inches and pounds in days—without fad diets, dangerous drugs or pills! No need to give up the foods you love... and, best of all, once you have slimmed down, you can stay slim, firm and shapely. We Guarantee It!

Our "**5-Minute Figure-Shaping Plan**" is for busy, intelligent people, who understand the hazards of diet fads and "effortless exercises."

With our plan, all you do is lie on your back and do one "5" Minute Exercise twice a day, whenever it's convenient, even while watching TV. Instantly, you start speeding up your metabolism, burning off fat, releasing excess water, using up extra calories, stimulating your well-being and helping to curb your appetite without appetite suppressants.

We also suggest a temporary 20% food reduction, without giving up any of the foods you love — eat ice cream, cake, pasta — whatever. (It's all in the guide).

The slimming action of our "5" Minute Exerciser concentrates on your waistline, hips, legs and flabby arms—where fat accumulates quickest, to give you that aging look.

While crash or fad diets cause some temporary weight loss, they also burn off much muscle tissue — which can cause your skin to wrinkle, neckline tissue to deteriorate and leave you feeling fatigued.

Our plan stimulates active tissue growth, through the use of our "5" Minute Exerciser, which firms and shapes your figure. When combined with your temporary 20% food reduction, greater fat losses are quickly achieved, making you look years lovelier as you slim. Because our plan is easy and fun to follow — you love staying with it, and without any further food reduction, you remain slim and shapely, not regaining those inches and pounds you lost, saying "goodbye" at last to the "gain and weight loss roller-coaster" cycle.

* Why Fad Diets Are Dangerous–

If you hope to slim down, firm-up and beautify your figure through dieting alone...FORGET IT!

Doctors and nutritional experts warn that fad diets — even fasting — will do absolutely nothing to firm and shape you up. In fact, they caution: Unless you diet under proper medical supervision, you can actually destroy your figure, beauty and sex appeal! You may even seriously damage your health.

Even under medical supervision, dieting alone will do nothing to firm or shape you up. Our simple "5" Minute Exerciser, used twice daily, is the safe, natural way to firm and beautify your figure, while you eat sensibly.

*The Sad Truth About Diet Fads:

Formula Diets can be a serious health hazard. Low carbohydrate, skim milk and banana diets — among others — have been severely criticised by many doctors, because they often fail to supply your body with nutrients it needs. This deficiency may cause calcium and iron depletion, dehydration, weakness, nausea or even kidney problems. And diets do nothing to firm and shape your figure!

The Yo-Yo Syndrome comes from crash dieting. You lose a few pounds for a short time — giving up the foods you love, counting calories and staying hungry. But, it's too great a price to pay for a few pounds you can't see. So, because there are no firming and figure-shaping results, you go back to eating, and quickly gain back the little weight you lost. This "up and down" cycle is repeated with some people every time a new diet comes out!

It has a negative effect on your metabolism—aging your body and skin — and can be more dangerous to your health than staying fat! And, of course, no fad diet can firm up your figure!

Pills and drugs intended to suppress appetite have been reported to have undesirable mental and physical effects. In addition, some may become habit-forming. And, they do nothing to bring back a trimmer figure!

Diuretics drain water and potassium from your body—which can cause dehydration, nausea, weakness and drowsiness. Dangerous for diabetics. They do nothing to firm and shape your body!

HCG Shots, which supposedly enable a person to subsist on 500 calories per day, allow too narrow a variety of foods to provide adequate nutrients. The low carbohydrate levels of this diet can promote Ketosis and other problems. Does nothing to firm and shape your figure!

Sauna Wraps, inflated belts, rubber suits and so-called "effortless exercisers" have been proven to have no slimming value. You may sweat off a few pounds of water — but, within a few hours you'll drink it all back. Does nothing to shape you up!

Isn't it foolish to risk the hazards of fad diets and effortless exercise "gimmicks" when our "5" Minute Body Shaper Plan works so safely and effectively to reduce unwanted inches and pounds the natural way....firming and trimming your figure and improving your health and energy without depriving you of a single food you love?

Here Are The Six Reasons:

...why our plan SLIMS, FIRMS AND SHAPES your figure so fast you look years slimmer in 14 days, without resorting to dangerous diets, drugs or pills.

1) It concentrates its slimming and firming action on your fatty areas — waist, hips, upper thighs and arms — that give you an "aging look". Because it works most of your muscles gracefully at one time —not body part by body part — the plan stimulates faster slimming action to help you start fashioning a more youthful-looking figure in 14 days.

2) Simple to use...No disrobing. Attach to any doorknob, stretch out comfortably on the floor. Do one "5" Minute continuous, rhythmic, enjoyable exercise twice daily—whenever you have the time (even while watching TV).

3) Designed to slim fatty problem areas. Choose from four different "5" Minute Exercises — each created to help slim down the problem fatty deposit areas of your body in 14 days.

4) No rigid dieting. We suggest you temporarily eat 20% less until you reach your normal weight — without giving up any of the foods you love. Eat ice cream, cake, pasta...whatever! (It's all in the Guide).

5) Safer....and saves time. No more exhausting workouts at the gym. This simple "5" Minute Plan you do at home, leaves you refreshed.

6) Weighs about 10 ounces. Fits any wallet-size case. Stores anywhere. Travels with you — so you never have to miss a slimming session.

IT'S FUN WITH RESULTS..."5" MINUTES AND OUT.

SATISFACTION GUARANTEED!!

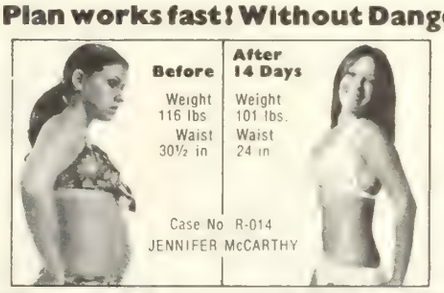
Within **five days** after starting our plan, you notice a new surge of energy, feel healthier, more alert. You see inches and pounds disappearing. Every day thereafter, you see your figure shaping up more... your bustline firming...waistline, hips, legs slimming down. After 14 days your figure looks years lovelier...with more youthful sex appeal. And, as long as you stay with our "5" Minute Exercises and follow our instructions, you'll stay slim, firm and shapely without gaining back those inches and pounds. **We guarantee it**...or return the plan within 14 days for a prompt refund of your $9.98. No questions asked!

The "5" Minute Figure Shaper Plan works fast! Without Dangerous Fad Diets! Here's Proof:



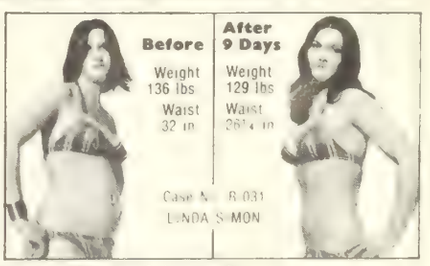
	Before	After 8 Days
	Weight 115 lbs.	Weight 111 lbs.
	Waist 29½ in.	Waist 23½ in.

Case No R-009
BETTY KNOWLES



	Before	After 14 Days
	Weight 116 lbs	Weight 101 lbs.
	Waist 30½ in	Waist 24 in

Case No R-014
JENNIFER McCARTHY

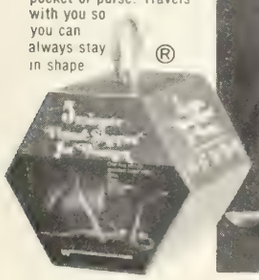


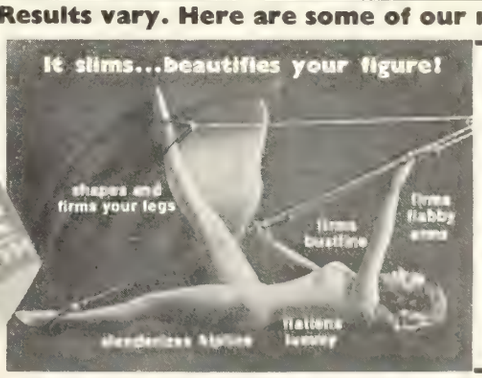
	Before	After 9 Days
	Weight 136 lbs	Weight 129 lbs
	Waist 32 in	Waist 26¼ in

Case No R-031
LINDA SIMON

Results vary. Here are some of our more outstanding results achieved.

The Figure Shaper Weighs 10 ounces. Fits any wallet size pocket or purse. Travels with you so you can always stay in shape





Joe Weider DEPT. LG J
"5" MINUTE FIGURE SHAPER PLAN
P.O. BOX 7338, VAN NUYS, CA 91409

I'm tired, disgusted and weary of fad diets, on-again, off-again weight struggles, hunger pangs, deprivation, pills, belts...and most of all — FAT! Help me! I promise to follow your plan for 14 days, and if I am not completely satisfied with the results — I will return the Exerciser and Plan for my $9.98 refund — no questions asked.

I AM ENCLOSING $9.98 plus $1.00 for shipping and handling.

☐ Check ☐ Money Order ☐ Cash. (Calif. Res. add 6% sales tax). Please allow 3 to 4 weeks for delivery. Rush "5" Minute Figure Shaper Plan and Illustrated Guide to:

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ADDRESS .....
CITY .....
STATE ..... ZIP .....

Pat 3,858,874, © Joe Weider 1973

IN CANADA: 5 Minute Body Shaper, 2875 Bates Road, Montreal, Quebec.

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1975 Gorham annual Bell "Young Love" $19.50 ppd.

First edition, fine china, gold band at base of bell, wood handle, silver plated clapper. 9 high. Norman Rockwell.



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First limited edition Christmas bell of fine china, gold band at base of bell, wood handle, silver plated clapper. 9 high. Norman Rockwell.

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BAMBOO—The chic look of tortoise toned burnt bamboo in Chinese tables. Their texture and color makes them a natural for the new look in decorating. They nest for storage. The largest one is 6" high x 9" square top. **$20.00** + $1.90 postage, set of 4. #4157

Order early for Xmas gifts.

Elizabeth Mc Caffrey

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Don't worry about your dog or cat getting lost. This Identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed free. Lifetime polished stainless steel, complete with collar hook. **$1.00** ppd. Your order will be sent by FAST FIRST CLASS MAIL at no extra charge!

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THE PEWTER LOOK



Our stainless steel flatware authentically reproduced from an antique English design. Classic pistol handle knives, 3 tined forks, , , and a mellow pewter look. Dishwasher safe. Service for eight includes: 8 dinner forks, 8 dinner knives, 8 salad forks, 8 soup spoons, 16 teaspoons and 2 serving pieces.

Service for 8.. **$38.95**
Service for 12.. **$57.50**

Prices include postage & handling

Wales, **Dept. HG105**
Hartsdale, N.Y. 10503

SHOPPING AROUND



VERSATILE CHESTS

Hand-woven golden brown rattan cubes are perfect for bunching or as end tables. Brass corner braces, handle, lock. Medium 16" cube, $59.95 plus $4 post.; large 21" cube, $74.95 plus $5 post. Catalogue is 25c. Fran's Basket House, HG10, Route 10, Succasunna, NJ 07876.



EASY GOING

Your feet will like the bouncy comfort of soft glove leather, cushioned insoles, crepe soles and 1½" wedge heels. In black, camel, gold. Whole sizes only. N 6-10, M 4-12. $15.95 plus 90c post. Sizes over 10, $1 extra. Sofwear Shoes, HG10, 1711 Main, Houston, TX 77002.



MODERN TELEPHONE

Modern telephone instrument, "Contempra"; wall-mounted or on table. White, ivory, green, blue, yellow, beige or lavender (indicate 2nd choice). Includes bell, cord, dial and plug, $39.88 plus $1.50 post. The Great Phone Co., HG10, 5404 Northfield Rd., Cleveland, OH 44137.



OLD YET NEW

Blue enamel metal spatterware might have come from Grandma's kitchen. Crafted in Mexico. Holes for hanging. 7" fry pan $3.75; 6" tsp., 7½" tbsp., two 8½" tbsps., set, $1.75; coffee pot (4 cups) $4.75. Add 25c post. each. Downs & Co., 1410X, Evanston, IL 60204.



COLLAR OPEN SESAME

It's almost magical what the collar-extender can do to ease any tight collars on his good shirts. Tiny hook-on gadget gives extra half-size comfort for a just right feeling! $1.29 for set of two, add 15c post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



COLORFUL HORSES

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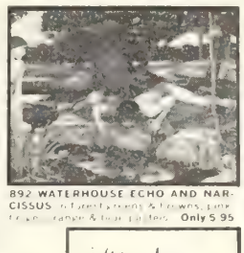
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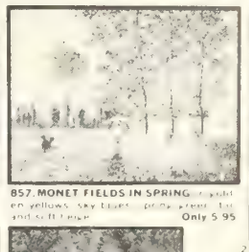
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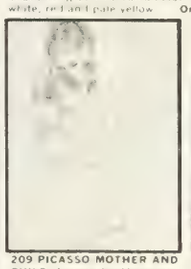
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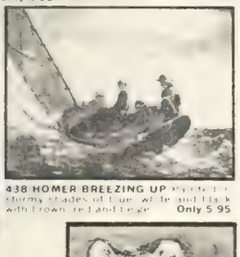
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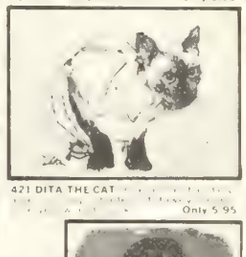
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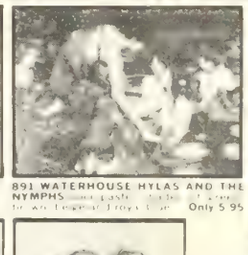
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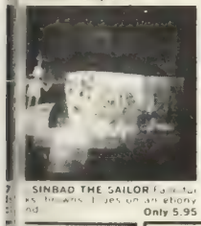
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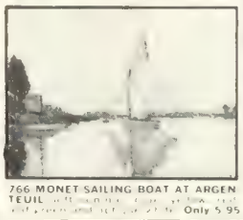
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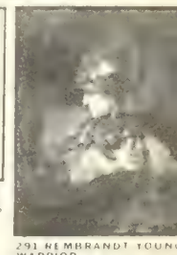
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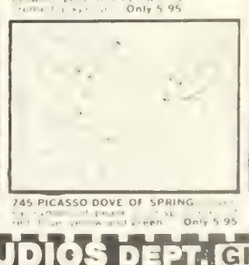
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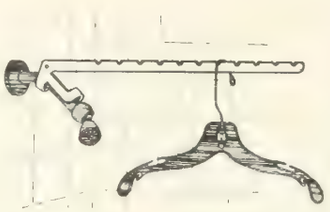
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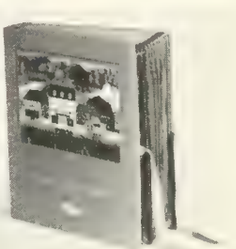
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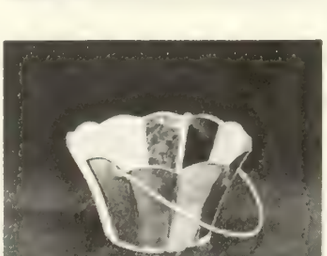
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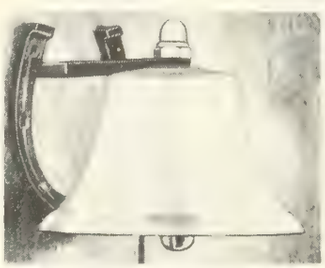
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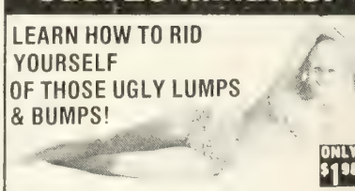


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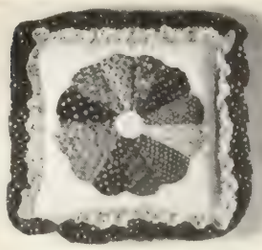
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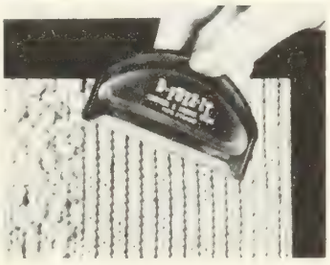
CUT CRYSTAL

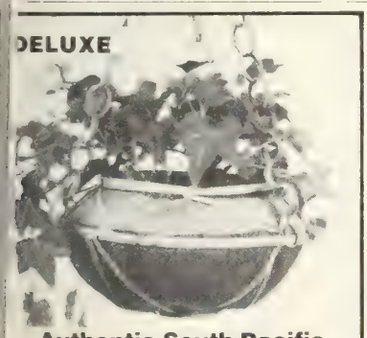
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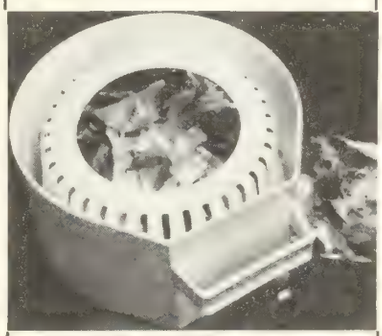
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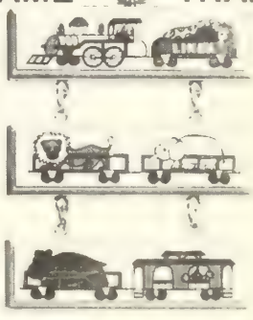
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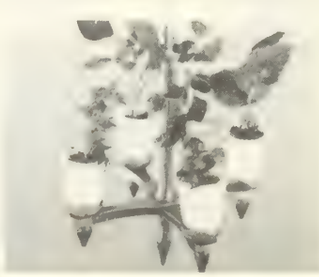
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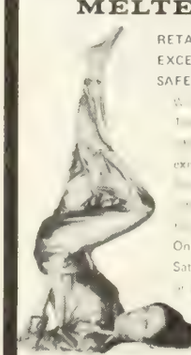
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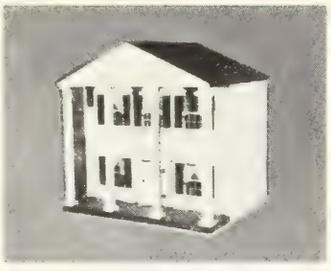
Exercise with simple rubber arm muscle builder, firms arm and hand muscles, relieves aches and stiffness. Fits in a pocket when not in use. Athletes use it; exercise enthusiasts advocate it. $2.98 plus 25c postage. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.

KEYS IN STITCHES



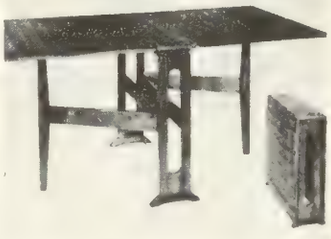
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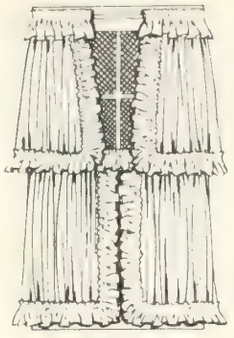
TO HAVE AND TO FOLD

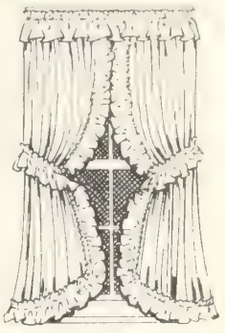


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IN NO-IRON MUSLIN, NATURAL OR WHITE



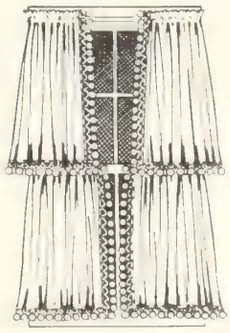


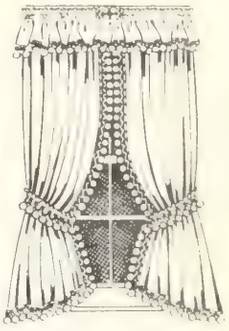
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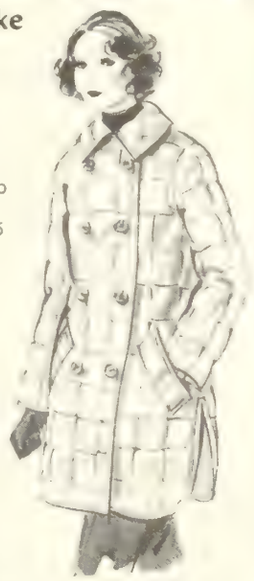
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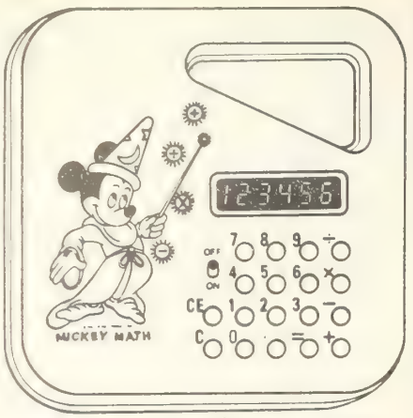
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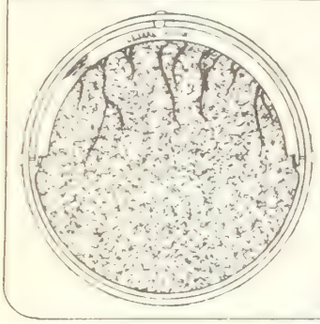
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A present to please every woman on your Christmas list. Exquisite necklace of Italian origin features a delicate filigree design interspersing narrow chain. 14 kt. gold. Two lengths: 15", $33; 18", $37 Ppd. Place Vendome, HG10, Box 2458, St. Thomas, VI 00801.





ITALIAN STYLE

Out-of-the-ordinary ties by renowned designer, Cesare Piccini. Pure raw silk, handmade, hand-screened, lined. Buckle or strap-wrap graphic, green and red or brown and rust on beige. (Specify). Gift boxed. $19.95 plus $1.25 air post. Cesare Piccini, HG10, Box 3701, St. Thomas VI 00801.

THAI SILK WRAP

Glamorous wrap skirt has handy pocket in sash. Hand-loomed Siamese silk made from one piece 30" by 2⅓ yds. Orange, green, gold, pink, yellow, blue, red dominant colors (state 1st, 2nd choice). Sizes S, M. $32.50 (Fabric sold separately, $23.50) plus $1.50 air post. Cavanagh's Inc., St. Thomas, VI 00801.

FOOT FANCY

For poolside, patio or party-time attire, these sandals make a striking accent with rainbow colored beads giving bracelet effect on fine leather. Handcrafted by native artisans. Sizes 6 to 10. $7.95 plus $1.50 air post. La Caravelle, HG1075, Box 3858 St. Thomas, VI 00801.



HOLIDAY LINENS

Appliqued linen table runners from Madiera. Christmas motifs in red, green and yellow on white; candle, star and chalice in yellow, and blue on white. Both 90" l. by 14½" w. $36 ea. plus $1.50 post; $2 air post. A. H. Riise Gift Shop, HG10, Box 750, St. Thomas, VI 00801.

SPORTING STRIPES

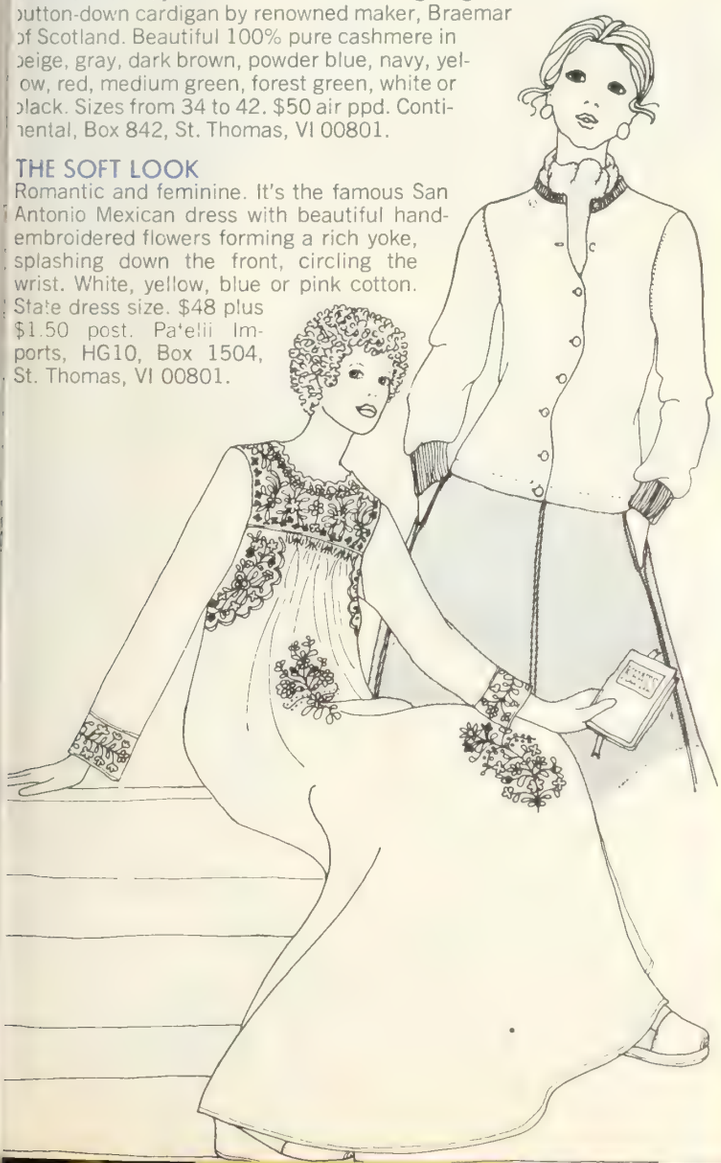
Whether you're watching the game or swinging the racquet, make a striking fashion note with a sturdy space-age watch (Swiss movement) and matching ring. Red, blue, green, orange, black or purple and white or patriotic red, white and blue. (Specify). The pair, $14.95 plus $1 air post. C&M Caron, HG10, St. Thomas, VI 00801.

CASHMERE CLASSIC

North or South, you'll treasure the new long length, button-down cardigan by renowned maker, Braemar of Scotland. Beautiful 100% pure cashmere in beige, gray, dark brown, powder blue, navy, yellow, red, medium green, forest green, white or black. Sizes from 34 to 42. $50 air ppd. Continental, Box 842, St. Thomas, VI 00801.

THE SOFT LOOK

Romantic and feminine. It's the famous San Antonio Mexican dress with beautiful hand-embroidered flowers forming a rich yoke, splashing down the front, circling the wrist. White, yellow, blue or pink cotton. State dress size. $48 plus $1.50 post. Pa'elii Imports, HG10, Box 1504, St. Thomas, VI 00801.





GENUINE **Bark Paintings**

Bark painting by the Aborigines of Formosa, part of their tribal art and culture, is believed to have its origin in Polynesia. The paintings are made on tree bark, colored with natural dyes, using designs and methods known to these mountain people for thousands of years. Three traditional designs, 40 X 29 inches, two horizontal and one vertical, **$8.00 each**, plus air postage and handling of $1.50.

Cavanagh's
Main Street (HG), St.Thomas
U.S. Virgin Islands 00801



STATUS SYMBOL

Tres chic initials of French designer Andre Courreges mark knit tops to pair with skirts or pants. Washable acrylic in sky blue, navy, yellow, black, white, red (give alternate color and style choices). All sizes. Round or turtle neck, short sleeves **$35.00**; long sleeves, **$39.00**. Skirts, pants and other tops available upon request. Air post $2.50.

BOUTIQUE
Riviera
HG-2, Box 3235, St. Thomas, V.I. 00801



ORBIT WATCH

Today timing - Panorama orbit watch has 17-Jewel Navarre Swiss movement and one year guarantee. Trick here is the sparkling, twinkling effect around the face. Looks as if it's set with precious stones. Second hand is a floating red orbit. The band? Any color you choose. The price? Just **$13.95** air postpaid.

PLACE VENDOME
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Sizes: S - M - L - XL

LaCARAVELLE
P.O. BOX 3858 - HG 1075
ST.THOMAS, U.S.V.I. 00801

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A. [illegible]
B. Collectors' Shells (each different) wrapped [illegible] C.
Cut and D. Center Cut $5 (goldfilled earwires or posts and non-pierced screw or clip backs. Specify.) E. Cowrie Helmet. Sterling adjustable Ring $8.50

Sandbox



PUERTO RICAN TREASURE

This exquisite 18Kt. gold pin, beautifully enameled also has a moving coral jewel set above the horse. A fine gift she is sure to appreciate.

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Puerto Rico 00901

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Amparo Porcelain Inn
53 Cristo St.
Old San Juan, Puerto Rico 00901



Beautiful
KNITTED SHAWL

Acrylic rochelle knitted shaped shawl-all white, petal pink & white, baby blue & white **$7.50** Includes air mail postage

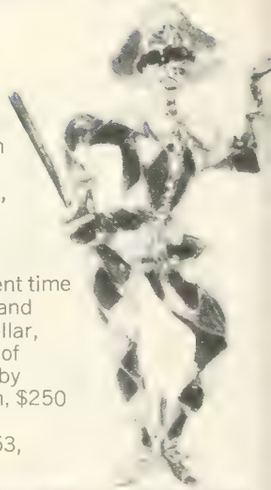
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SHOPPING AROUND FOR CHRISTMAS IN THE VIRGIN ISLANDS AND CARIBBEAN



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A status present for someone special on your Christmas list. The jaunty little harlequin is an exquisitely crafted 18kt. gold enameled pin 1 ⅝" high. Priced at $95 ppd. Order from prestigious Caribbean jeweler, Joyeria Riviera, La Cruz 205, San Juan, PR 00901.

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A hand-painted sangria set to make refreshment time a special occasion. The bright, beguiling bird and flower designs are the creation of Amparo Cuellar, talented Colombian artist noted for originality of designs on porcelain. The porcelain tray, 14" by 8 ½" and eight 4 ¾" cups with 18kt. gold trim, $250 plus $10 air freight. Custom design service available. Amparo Porcelain Inn, Calle Cristo 53, San Juan, PR 00901.





ZODIAC SIGN

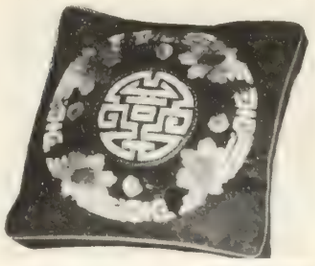
Magnificent medallions sculptured and signed on both sides by French artist, Edmond Becker (1871-1972). Heavy 18k gold ¾", $169; ⅞", $239; 1⅛", $395; 1⅜", $590; 1⅝", $1,100. Also sterling silver 1⅛", $35; 1⅜", $59; 1⅝", $79. Add $2.50 post. Chains available. Boutique Riviera, HG10, Box 3235, St. Thomas, VI 00801.

SEA SHELL JEWELS

On the island of Nevis, designer Holly Koch of the Sandbox Shop fashions a beautiful crosscut center section of the chambered nautilus into pendant suspended from choker or 24" chain by a single pearl, $30; lily cut shells become earrings (specify pierced or unpierced) $5 Ppd. Address orders to The Sandbox, HG10, 126 Meadows Bldg., Dallas, TX 75206.

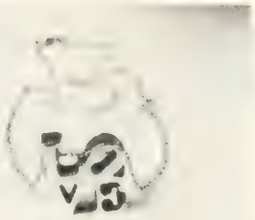
SHOPPING AROUND

CHINESE TO EMBROIDER



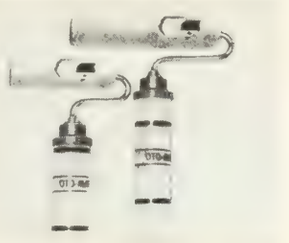
Classic design to do in crewel embroidery for a 14" by 14" box pillow cover. Kit includes design on bittersweet rayon and cotton fabric, crewel yarns in yellow, pristine white, green, piping, zipper, needle, directions. $7.95 plus 70c post. The Stitchery, HG10, Wellesley Hills, MA 02181.

ROMANTIC NOTE



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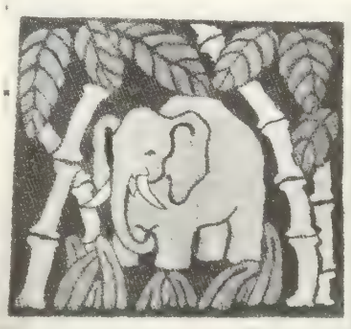
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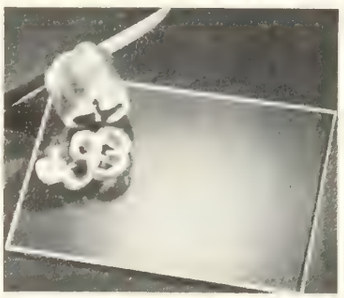
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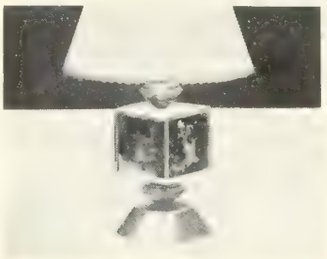
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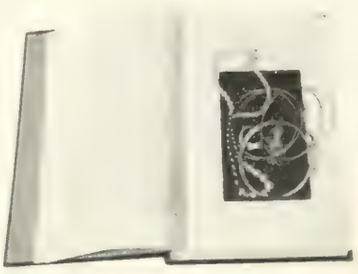
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MUSICAL PET



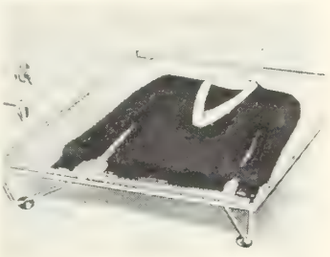
Appealing puppy with a hidden talent: it's actually a music box, plays "You're Nobody Till Somebody Loves You." Porcelain in pastel greens and browns. 5½" h., 4¾" w. at base. $14 plus $1 post. Hildegarde's, HG10, 597 Farmington Ave., Hartford, CT 06105.

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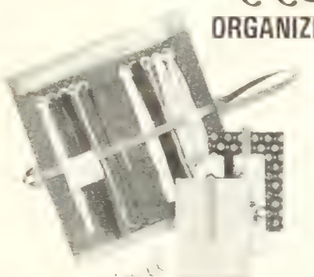
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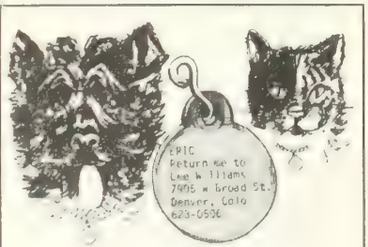
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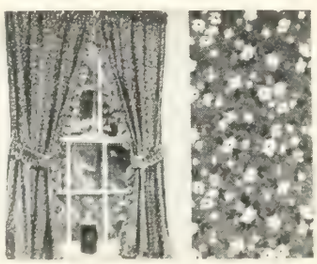
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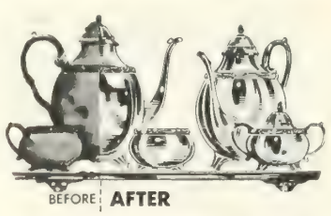
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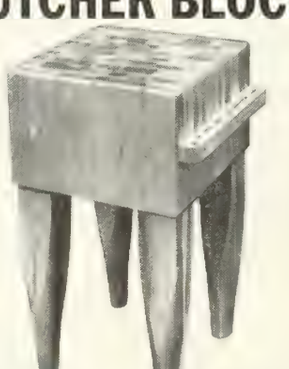


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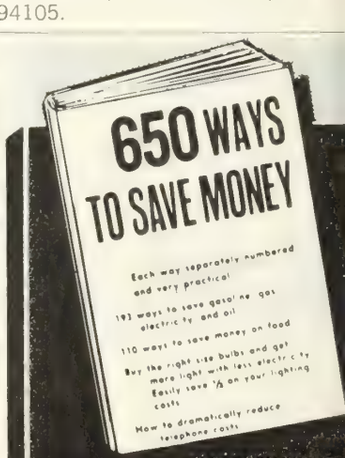
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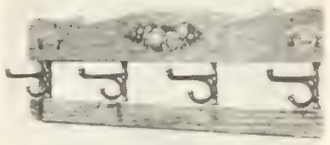
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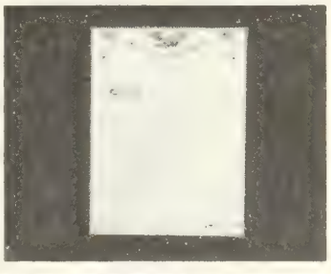
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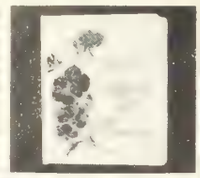
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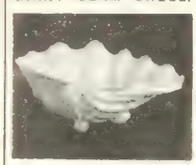
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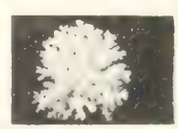


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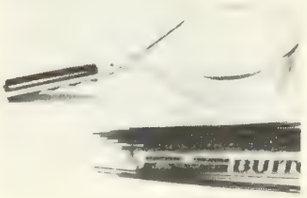
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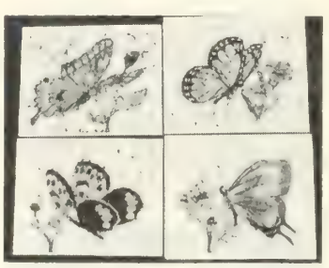
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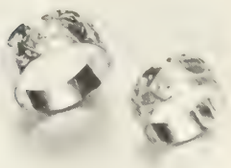
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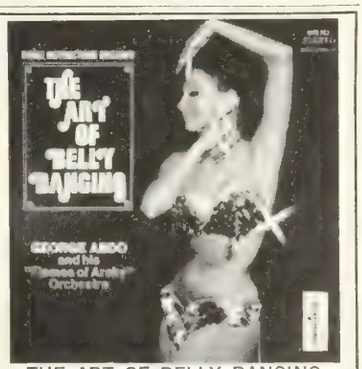


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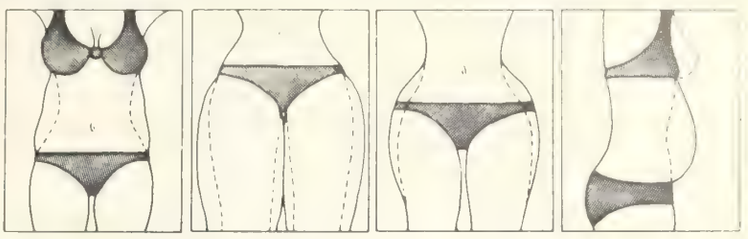
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Olympic Gold Medal Champion's amazing slimming unit can . . .

"PEEL OFF" INCHES

OF FIGURE-CONCEALING FAT AND FLAB . . . IN ONLY 7 MINUTES A DAY!*

Using this new, sensational **WONDER-SLIM**™ . . . start solving these common figure problems . . .



WHAT IS WONDER-SLIM™?

An ingeniously designed, amazingly compact slimming & shaping discovery that

- Contains no metal, springs, gears or other dangerous or exhausting parts.
- It is NOT worn around your waist but its powerful effect can be selectively applied to ALL problem areas: hips, thighs, bust, waist . . . safely, easily & **FAST.**
- It is amazingly compact that it slips easily into your purse to be with you wherever needed.

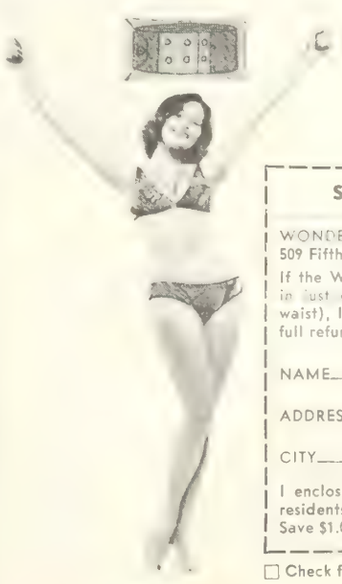
INVENTOR ACTUALLY MADE THE WONDER-SLIM™ FOR HIS WIFE!

IKE BERGER, world-famous Olympic champion learned early the professional secret of constantly maintaining a top, trim body shape. His wife begged him for a simple easy method **she** could use *without exhausting herself.* He developed this amazing WONDER-SLIM for her own personal use. When she began to literally slim away inches of "lazy" flab from her hips and thighs, in just minutes a day, she insisted **ALL** women would just love it, not only to lose ugly flab but to keep in trim shape.

IRON CLAD MONEY BACK GUARANTEE

In just a few days you **must** actually begin to see measurable, **real** results . . . *or your money back promptly and without any question.*

*No diet needed if **daily** caloric intake does not **add** to your present body weight.



SEND TODAY complete kit only $6.95

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If the WONDER-SLIM Unit can really start shaping me up in just days and I mean ALL OVER (legs, thighs, hips, waist), I will keep it and use it . . . otherwise, I will want a full refund. Rush WONDER-SLIM to me.

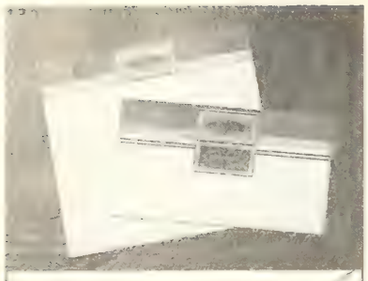
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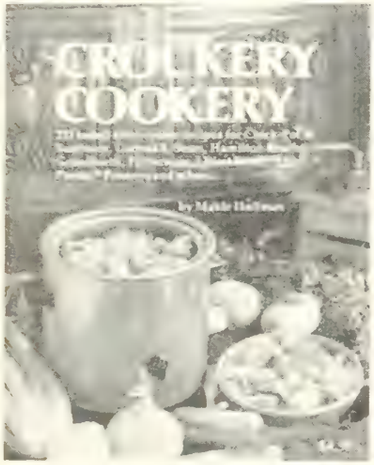
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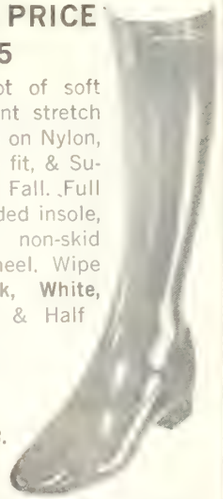
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1 jeweled band was $6 NOW **$5** 2 jeweled bands were $11 NOW **$9**

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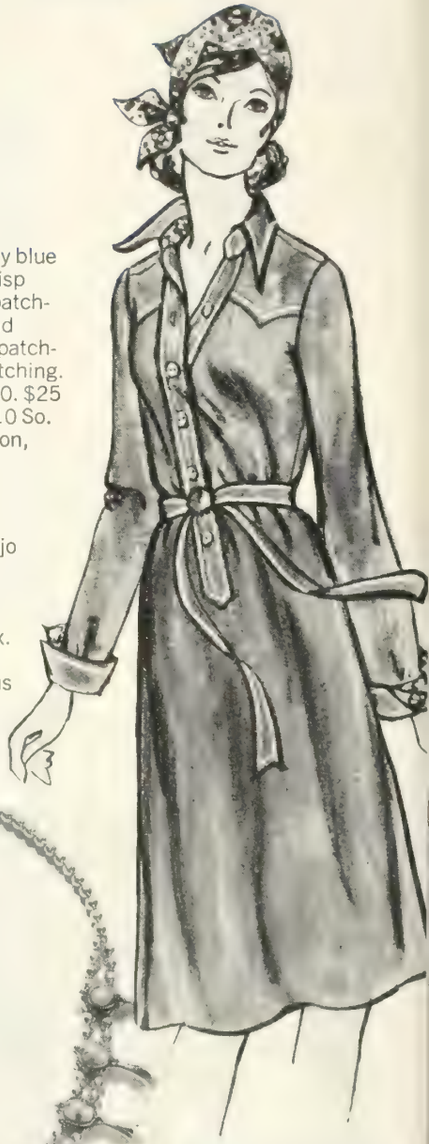
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THE REAL THING

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$32.00
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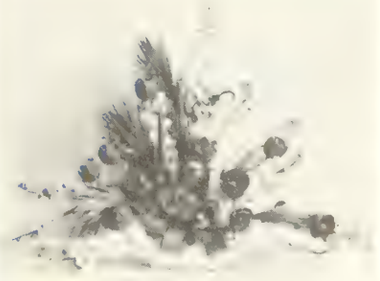
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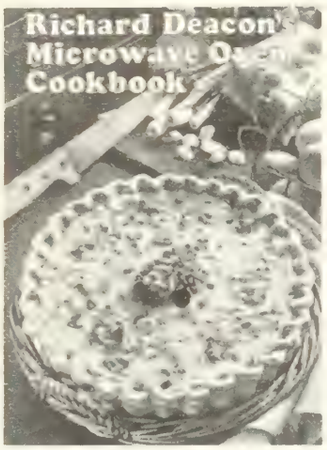
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Necklace and earrings usually ~~$125.00~~

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With this order, you automatically become a member of The Club. You will receive bi-monthly catalogs of authentic Navajo, Hopi and Zuni jewelry. Never an obligation to buy.

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$18.00
plus $1 post.
Satisf. Guar. $10 dep. on COD

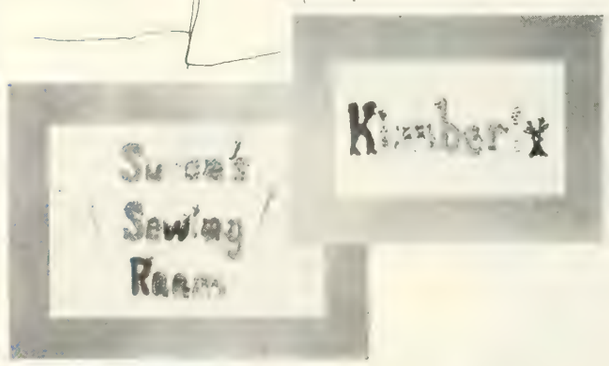
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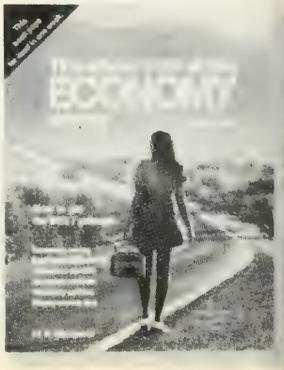


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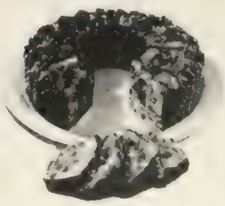
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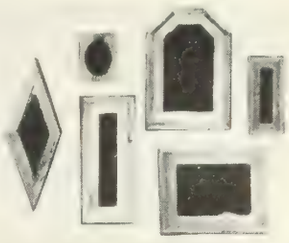
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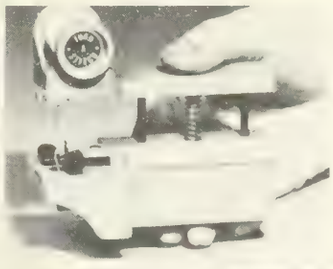
Clear plastic dome lets you see nature's way of opening bobwhite quail eggs to produce babies. Incubator operates on 110 volt electricity, is 6" h., 7" dia. $5.98 with six eggs; without eggs, $4.25. Ppd. Catalogue, 25c. G. Q. F. Mfg. Co., HG10, Box 8152. Savannah, GA 31402.

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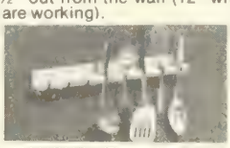
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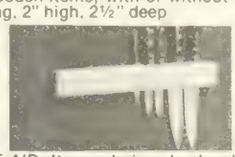
3 practical and stylish kitchen organizers created by a canny Vermont craftsman. At home in any home, contemporary or traditional



HIGH AND DRY. Each dowel on this unique kitchen towel rack is made of birch wood, because birch resists moisture. Lift one out of its slot and it extends to hold a towel, yet rests firmly in its sturdy groove. When not in use, the dowels hang down and out of the way. The base is made of maple for strength and long life. 8" long, 2" high, 3½" out from the wall (12" when the dowels are working).



HAPPY HANGUP. The ultimate rack to keep 8 utensils handy, right where you need them. Holds metal, plastic, rubber and wooden items, with or without hooks. 18" long, 2" high, 2½" deep



BLADE AID. If your knives lead a dull life chipping away at each other in a drawer, this handsome rack keeps them apart but together. Holds all sizes, from meat cleaver to paring knife, with a graduated slot for blades of varying thickness. A designer's masterpiece, it can be mounted on any vertical surface. 18" long, 3" high, 2¼" out from the wall.

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Please send me ___ set(s) of all 3 products at $26.95 plus $2.45 for postage and handling for each set.

___ Please send me information about your other products.

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Name _____

Address _____

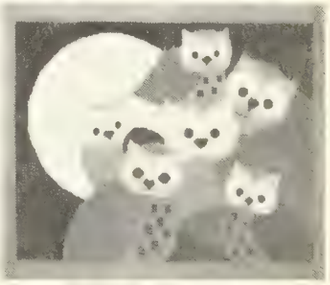
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State _____ Zip _____

Your satisfaction guaranteed or return product in 10 days for full refund of purchase price.

MOUNTAINTOP
Box 500 Dept. H-10, Waitsfield, Vt. 05673

EMBROIDERIES



WISE OWLS GIVE A HOOT in Long Stitch. New type of [illegible] broidery from Sweden. Make a family of bright eyed, bronze and rust owls under a deep blue sky with yellow, orange moon. They're yours for $33.95 + $1.50 post. and a few hours of easy to do stitches. Order #4474. 18 x 14" (20 x 16" matching fabric covered frame $12.95). Send $1 for new color embroidery catalog of Swedish designs.

skön EMBROIDERIES
55 Lambert Lane
New Rochelle, N.Y.
10804 Dept. HG10

RYA KITS



NEW RYA COLLECTION. One [illegible] stitch makes these pre-started wool rya wallhanging, rugs or cushions. Kits imported from Sweden feature lustrous rug wools, easy to follow color charts and English instructions. Send $1 for new color catalog of award winning designs.

skön RUG CRAFT
55 Lambert Lane
New Rochelle, N.Y.
10804 Dept. HG10

Personalized Suitcase Suspenders

3 for $4.98

The perfect personalized gift, and terrific two ways! They'll make luggage easy to identify —it stands out from the crowd so you can spot it in an instant! And they'll really save the day if a latch or a zip ever gives way! Rugged elastic webbing in striped red-white-and-blue, or beige-brown — both boast gleamy luggage tags of lifetime solid brass, engraved with your initials. American-made in assorted sizes to fit any bag. Set of three.

#1197—Red-white-blue $4.98

#1341—Beige-brown $4.98

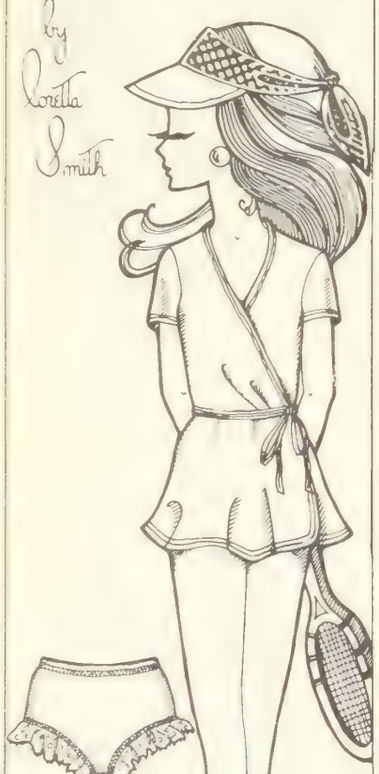
Please PRINT initials, add 35c post. & hdlg. N.Y. residents add applicable taxes

LILLIAN VERNON
Dept. G04, 510 S. Fulton Ave.
Mt. Vernon, N.Y. 10550



tenniswear

by Loretta Smith



T.D. 1009
Wrap Dress-Dress, 50% Poly, 50% Cotton double knit. Cotton backing for smoothness. Orange "seam type" top stitching trim. Matching panty included.
Sizes—5-6 to 13-14
$40.00

Enclose check or money order. Master Charge BankAmericard. Add $1.75 shipping & handling. Send $.50 for brochure. Satisfaction guaranteed.

... a loretta inc.
Star Route Box 50HG10 Worthington, Ma. 01098

THE SCANNER



This quizzical owlet will brighten your day and add interest to any room. Beautifully detailed lithographs by Gloria Gray Roop are black on heavy cream vellum, 8½" x 11". Each is titled and signed by the artist. A most distinctive gift.

$15 plus 75¢ postage and handling.
Send 60¢ for catalog showing other prints — free with order
Oklahoma residents add 3% sales tax

The Crescent Moon Collection
Post Office Box 12369
Oklahoma City, Oklahoma 73112



ELEGANT CRYSTAL LAMPS

The richness of these handcrafted Rogers gold finished castings and imported Italian marble bases combined with hand cut crystal blocks with imported crystal pendants, sparkling like dew drops is unbelievable at this price. The perfect decorator touch for buffet, mantel, piano or bureau, they are reminiscent of an elegant age. Completely electrified they are 18" high.

Pair only **$39.95** *Sorry No COD's* SHIPPING CHARGES COLLECT

MATCHING CENTERPIECE AVAILABLE $49.95

Pa. Res. Add 6% Tax • Send 25¢ For Catalog

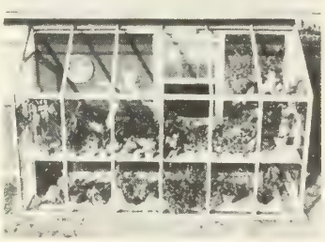
LUIGI CRYSTAL
Dept. HG10-5; 7332 Frankford Ave., Phila., Pa. 19136

SHOPPING AROUND



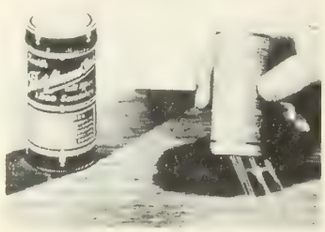
INDIAN AIR CHIMES

Iron heart holds 13 bronze-tone bells that tinkle musically with the slightest breath of air. Bells make a stunning decoration for a door or to hang from the ceiling. 9½" w. by 12½" l. $7.95 ppd. Shopping International Inc., 962 Shopping International Bldg., Norwich, VT 05055.



BELAIR GREENHOUSES

New all-aluminum type needs no masonry foundation—just wrench and screwdriver. Ready for planting in average of one day, plenty of growing space. Free-standing, lean-to; 9 sizes. Free catalogue. Janco Greenhouses, YEB-10, Box 348, 10788 Tucker St., Beltsville, MD 20705.



MAGIC TOUCH

One stroke of "Almond Stick" and superficial scratches disappear from pianos, furniture, woodwork. For mahogany, walnut, oak and other finishes. Used by professionals. $1.98 plus 25c post each. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



GOOD CREW

His and her cotton shirts with white nautical emblem on navy or powder blue. S, M, L, XL. In long-sleeved sweatshirt for captain or mate $5.95; short-sleeved T-shirt for captain or mate $3.95. Add 50c post. each. Holiday Gifts, Dept. 310-P, Wheat Ridge, CO 80033.



YARN CADDY

Nice idea for needleworkers by shop owner, Mary Lou Comstock. Wood stand holds 14 spindles, is light enough (1¼ lbs.) for easy carrying. 28" h. by 19" w. Dark cherry or buckwheat honey. $34.95 ppd. Catalogue $2. Carl Forslund, HG10, 122 E. Fulton St., Grand Rapids, MI 49502.



SMILE

Here's **EFFORTS,** our 1929 reprint that's sure to make you smile. This antique brown print measures 11" x 14" and is suitable for framing. Adds a touch of yesteryear to the bathroom and nursery. A charming gift for a friend. Only $1 + $.25 ptg. or 3 for $2.50 ppd. **Melanie's Antique Prints, HG-10, Box 2245, Youngstown, Ohio** 44504



BORN COLLAPSIBLE UTILITY CAR

Consists of light weight tubing, base and telescoping, plated ha Knocked down in carton with instruc for easy assembly. Easily collapsed storage, fits in car. Guaranteed ag defects in materials and workman For use in travel, camping, garde for transporting luggage, trash, gar containers; and many many more 75 lbs. capacity. A necessity in e way.

Priced **$12.95** plus $1.70 postage. M gan residents add 4% sales tax. accept money orders, checks, E americard, and Master Charge.

T&M SALES, Dept. HG10, 312 S. Th Ann Arbor, Michigan 48

SHOPPING AROUND

FROM THE ORIENT

Genuine green jade hand-carved pendants on gold-filled chains. Buddha, heart and turtle about ¾"; fish and elephant about 1". Each $8.50. Stunning necklace of 8mm green jade beads, 24" l., $45. Ppd. Gift boxed. Dynal Imports, Inc., Dept. H-2, 64 W. 48th St., New York, NY 10036.



SEWS LOCK STITCH

Tool does great things: sews leather and canvas. Do your own repairs on shoes, handbags, awnings, seats, upholstery. Pack includes bobbin of wax thread, two needles. $4.98 plus 40c post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



DWARF BANANA TREE

What fun to grow a little banana tree that can produce real tiny fruit. Tree is potted in 5" green and yellow plastic pot with growing mixture and instructions for care and transplanting. $4.95 plus 90c post. World Garden Products, Ltd., HG10, 1st & Seaview, E. Norwalk, CT 06855.



WALKABOUT WEDGIE

Wedge your way into comfortable feet with "Diana." Soft baby calf: black, brown, white, malt/chocolate, bone/chocolate, navy/light blue strips. Wedgie is 1¼". AAAA to EE, 2½-10 $26.95; 10½-12 $27.95. Add $1 post. Free catalogue. Solby Bayes, HG10, 45 Winter St., Boston, MA 02108.



TWISTY KEY RING

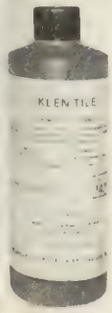
Gold-finished aircraft cable key ring holds 25 keys and can withstand a pull of 150 pounds. No links to loosen, no chain to break. Its intriguing twist-lock opens easily, stays closed otherwise. $1.69 plus 20c post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



AMERICAN ORIGINAL

Who, but Betsy Ross is sitting demurely between a pair of red pin cushions. She's delightfully detailed in bisque finish. The 13 star flag is appropriate for Bicentennial year. 4½" h., 4½" w. $3.49 plus 85c post. Carol Ann Gifts, HG3535K, Box 21026, Philadelphia, PA 19154.



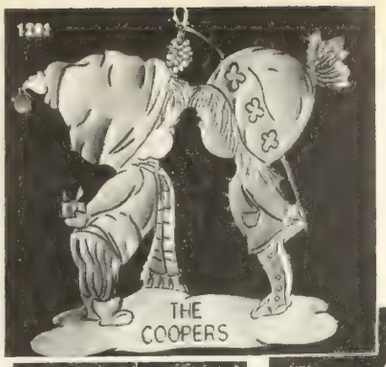


CLEANS YOUR SHOWER TILE OR WE PAY!

KLEN-TILE SHOWER TILE CLEANER WILL CLEAN AND CONTROL SOAP SCUM, BODY OILS, STAINS, MILDEW, HARD WATER DEPOSITS AND WHITEN GROUTING. A FULL YEAR'S SUPPLY FOR TWO BATHS. MAIL CHECK OR MONEY ORDER FOR $4.95. PLEASE ADD $1.00 FOR TAX AND POSTAGE. 0-11-26

GUARANTEE
If KLEN-TILE does not clean your shower tile to your complete satisfaction, the full purchase price will be refunded.

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Charlotte, N. C. 28209
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MOPPETS®
Personalized Ornaments!

Four enchanting designs, American-crafted by Lillian Vernon! Pure perfection in solid brass, shiny-polished for lifetime beauty — won't tarnish or break. Each one custom-engraved any way you wish. Sizes vary 3¼-3¾". PRINT names.

1281 Couple 1278 Toddler
1280 Boy with Dog 1279 Girl with Gift

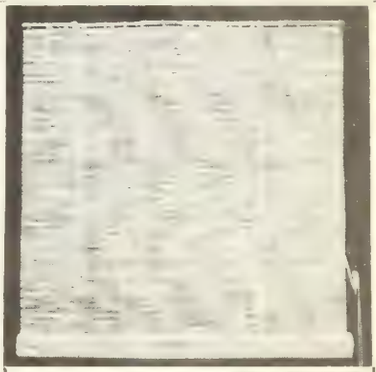
$2.98 each
3 for $7.98 6 for $14.98

LILLIAN VERNON *Add 35c post. & hdlg. N.Y. res. add taxes*
Dept. GO5, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550



Send $1.
(Refundable with first order.)
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LAMPS • SCONCES • PLANTERS
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Dept. HG-10 Bldg. 1101, LAFB Laredo Texas 78040



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	24	x 72	$5 00
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	36	x 72	7 00
	42	x 72	8 50
	48	x 72	10 00
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	72	x 72	14 00

Plus $1 00 postage per shade









Octagon Diamond Square

Add a touch of elegance to your home. 12" x 12" silhouette style body. Walnut finished hardboard. American made movements. Village and numerals in gold. Polished brass hands. Makes a beautiful gift.

HB 1212 Battery $19.95
HG 1212 Electric $18.45

Enclose postage $1.00. Free delivery on two or more. Indiana residents add 4% tax

Swihart Products, Inc.
P.O. Box 50, Elwood, Ind. 46036

Hawaiian "Good Luck"

ti plant

Guaranteed to grow!



The native Hawaiians believe the Ti Plant has a mystical voodoo power. The leaves were worn to dispel evil. It is planted to bring GOOD LUCK, LONG LIFE and LASTING LOVE. The Ti Plant has been used for medicine, candy, food, alcoholic drinks, and the sexy Hula Skirt.

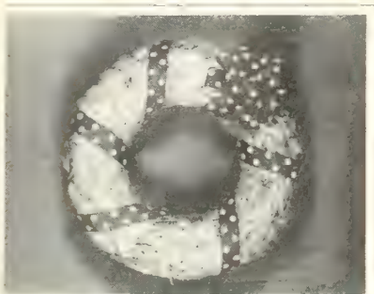
The Ti Plant grows out of a log — so fast that you can almost see it grow! All you do is put the Ti log in water and watch it grow! When it sprouts, put it in a pot. The bigger the pot, the bigger it will grow . . . from one to six feet tall. You can have the size you want. Grow it in sun or shade — it blossoms! The Hawaiian Ti Plant makes an ideal gift. Send good luck to your friends and loved ones.

Choice of red or green leaves; guaranteed to grow or free replacement!

ONE FOR **$1.00** 3 FOR **$2.50**

Please add twenty-five cents for postage and handling.

ROBERTA'S
DEPT. H—18
P. O. BOX 630, SHELBYVILLE, INDIANA 46176

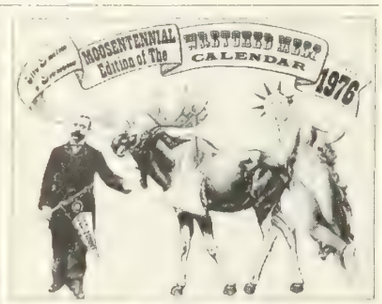


DECORATE IN THE SCANDINAVIAN TRADITION WITH A CHARMING STRAW WREATH!

Legend says Health, Wealth and Happiness will be yours throughout the year. Looped with red polka dot or green polka dot grosgrain ribbon. Outer diameter approx. 11". Suitable for indoor-outdoor display.

$5.50 plus $1 postage and handling
N.Y. residents add 7%

FANCY THAT
P.O. Box 172 Halesite, N.Y. 11743



A YEAR FULL OF SMILES,

snickers and yukyuks are yours – in our all-new Wretched Mess Calendar *(1976 Moosentennial Edition)* ! Celebrate Rejuvenate Your Old Wazoo Day, Fiddle While It Burns Week, Defunct Skunk *(out of odor)* Day & over 400 more inspiring famous holidays that nobody ever heard of before! ALSO: loveliest disasters of 1976! SEE: Militant Armadillos Seize Pentagon, Terrorist Snails Catch Up With & Mutilate U.S. Postal Service, etc, etc! Also Poor Wretched's Almanac, a fun contest & oodles more. Year-long family fun for only $2.50 *(too cheap!)* 3 for $7 (+20c each shipping). Great stocking stuffers, happy gifts, a color crazy 11 x 17" unfurled. Wretched Mess, Rt. HG20 W. Yellowstone MT 59758.

P.S. Send a puny 21c for our brand-new Wretched Mess Gift Catalog.



Folding Extension Mirror

[illegible] view to style and trim hair, folds to wall when not in use. Polished chrome-plated metal.

#7088—Extension Mirror **$12.98**

[illegible]

LILLIAN VERNON
Dept. G07, 510 S. Fulton Ave.
Mt. Vernon, N.Y. 10550

Direct from Hawaii

HAWAIIAN PLUMERIA PLANT

"Love Flower"



Guaranteed to Grow!

FREE Hawaiian TI PLANT per order

one for **$1.75** plus 50¢ post.

two for **$2.50** plus 80¢ post.

One of the most colorful and beautifully scented flowers in the islands is the "Love Flower." The Plumeria's sweet-scented blossoms is one of the favorites with lei makers. From our beaches to the valleys Plumerias grow profusely. Requires hardly any care and will be 6" to 7" tall. Choice of Colors: Yellow; Pink; & Red.

HAPAKI OF HAWII
P.O. Box 1535, Dept. HG10, Hilo, Hawaii 96720

SHOPPING AROUND



LOVING GIFT

Any grandfather or dad would love a tie with the names of his children hand painted on polyester. Up to 15! White on navy, bottle green, brown or wine. 2 weeks delivery. Print. $9.50 (3 names); extra 50c each. Ppd. Butch Hoffer's, HG10, P.O. Box 7219, Beaumont, TX 77706.



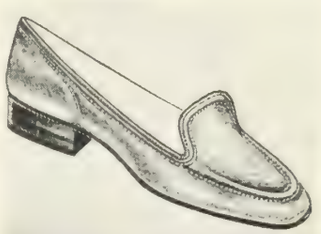
HIGH OR LOW

Adjustable pole, 3'3" - 8'4", for floors, sills or corners. Swivel 8" arms. Holds 4 large plants at any height. Chrome $12.98; brass $13.98. Hanging style (not shown) in chrome $10.98; brass $11.98. Add $1.50 post. each. Taylor Gifts, HG10, Wayne, PA 19087.



PRINCELY CHAIR

Wing chair, the "Prince George" is a beauty. Seat cushion is reversible. Fabrics include: solids, stripes, prints, velvets; specify color, type. $175 as shown; $125 in your 7 yds. 54" fabric. Exp. coll. Catalogue, $2. Hunt Galleries, Inc., HG10, Box 2324, Hickory, NC 28601.



SOFTNESS AFOOT

Step into good-looking "Polly" and enjoy the uppers of glove leather and cushioned insoles. One-inch heels. Great for your sporty outfits. Camel, gold or black. 4-12 in N, M, W. $12.95 plus 90c post. Over 10, add $1. Sofwear Shoes, HG10, 1711 Main, Houston, TX 77002.



SPARKLING SPRAY MIST

Crystal chandeliers, sconces and candelabra come bright and clear after a spray shower of silicone mist from an easy-to-handle 7 oz. can. No need to wipe; just let dry naturally. $3.98 plus 60c post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.

CRITICAL MONTHS AHEAD FOR YOUR HOUSE PLANTS!!!!!!!

"IF YOU LOVE YOUR PLANTS PROTECT THEM AGAINST DISEASE"



PLANT RESCUE KIT: A first aid kit for house plants, contains spray mister, 3 mini tools, insecticide, fertilizer and a "How to treat your plant chart" packed in a handy Wood Tote. Send for yours now, only $14.95 plus $1.50 for postage and handling, N.Y.S. residents add 7% sales tax.

Send to: **Bayberry Boutique, Dept. HG-10**
546-A Montauk Highway
West Islip, N.Y. 11795

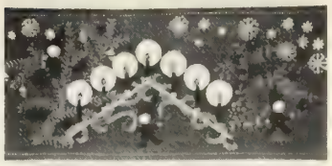
COLLECTOR'S CHRISTMA



Old world elegance for your decorating Holiday gifts. Hand cast from heat-res tant wax, these charming figures have look of old ivory, each delicately pain in rich tones of rose, green, gold, vio etc. A traditional European folk ar some of our designs are over 200 ye old—they make a handsome year-rou display on tree, wall, or curio cabir Many other styles are available. 4" high. Each **$6.00**, Lamb **$5.00** ppd. (Mi residents add sales tax)

STUDIO CLARE
P.O. Box 2065 Detroit, Mich. 48231

MAKE IT MERRY



Christmas wallhanging project from Sweden for embroidery and applique in tones of brilliant yellow, red, white. Complete: green ground, hanging rings. 28¾" by 12½". #0579. $16.95 plus $1.25 post. Catalogue $1. Skon, GE10, 55 Lambert Lane, New Rochelle, NY 10804.

POST CARD ALBUM



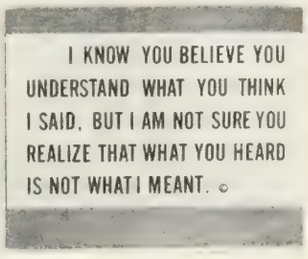
Holds 200 U.S. & Foreign cards in curved corner slots. (No pasting required.) Spaces for titles & notes under each card. Luxurious leather-like binder, padded covers. $8.95 plus $1 post; two for $17.50 ppd. The Writewell Co., 873 Transit Bldg., Boston, Mass. 02115.

IN THE OPEN



Scouring pad holder you needn't hide under the sink. A golden ceramic copy of wooden wash tub with black bands, ridged bottom to keep pads mess-free and dry, wringer and scrub board. 5½" by 3¼". $1.99 plus 55c post. Greenland Studios, 9907 Greenland Bldg., Miami, FL 33059.

ATTENTION!



"I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant." Black letters on golden plate in pine-finish plaque. 4" by 5". $2.98 plus 25c post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.

PIECE BY PIECE



Personal jigsaw puzzle is a blown-up photo in black and white from your color or black/white original. 8" by 10", $3.99; 11" x 14", $4.99; 12" x 18", $5.99. Full color, 8" by 10", $6.99; negative, slide, $1 extra. Ppd. Photo returned. Photo Poster, Dept. X806, 210 E. 23 St., NY 10010.

BUTCHER BLOCK SETS



Maple, clear lucite. Memo roll, pencil. Goes under bar to tear. $6.98. Six 5½" by 3½" coaster-server in wood slots. $8.98. Cheese board and cracker cradle 10¼" by 8½". $10.98. All three $24.98. Add $1 post. Country Gourmet, GOE, 512 So. Fulton Ave., Mt. Vernon, NY 10550.

"GOOD DEEDS"
by
Norman Rockwell
$17.50 ppd.
Trein's
Dept. HG 201 W. 1st.
Dixon, Ill. 61021
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A "First" in 1924!
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The Talbots

Sleeping Beauties

A beguiling ribbon print stripes our Lanz set of cozy cotton flannel.

The robe is a graceful front wrap trimmed with ruffled eyelet lace. Blue/red on white Sizes P,S,M,L. $17.00.

Equally irresistible is the matching ankle-length granny gown with ruffled eyelet trim at the neck, yoke and cuffs. Blue/red on white. Sizes P,S,M,L. $15.00

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Send for our new free color catalog.

THE TALBOTS, DEPT. NS, HINGHAM, MASS. 02043
Duxbury, Lenox, Mass.; Avon, Hamden, Conn



The Old Grand-Dad Ice Bucket.



Outside it's a bicentennial bell. Inside it's a generous ice bucket. Finished in pewter-tone aluminum. It's 13" tall, has a hardwood handle and holds four quarts of ice.

Retails for $29.95 at better gift shops. Order yours now from Old Grand-Dad for only *$19.95,* taxes included.

Send check or money order to:
Old Grand-Dad Bell Offer
P.O. Box 1776-3
Babylon, New York 11702

Please send me ____ Bicentennial Ice Buckets. Enclosed find $19.95 per order. (No cash, please)

Limited offer. Void where prohibited. Expires 7/31/76.



Kentucky Straight Bourbon Whiskeys. 86 proof and 100 proof. Bottled in Bond. Old Grand-Dad Distillery Co. Frankfort, Ky.

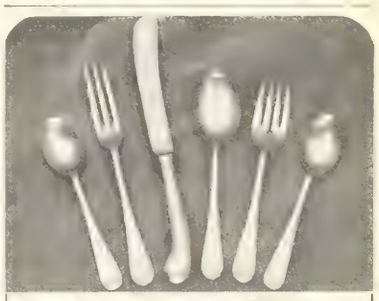
LILLIAN VERNON



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. . . to discover our cover, and 100 color-packed pages within. Unique gifts for everyone, luxe gifts at surprising cost, American handcrafts, jewelry, decor, personalized items, our own European imports—some ours alone in the whole world! Then discover the shopping time you save—discover our 24-year tradition of service, our no-strings satisfaction guarantee. Send your name and address (and your friends') and we'll speed our Christmas catalog to you.

R.S.V.P LILLIAN VERNON
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Pistol Handled Stainless
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Old Westbury — FULL DINNER SIZE

An exact replica of a famous old sterling pattern with impressive full dinner size graceful pistol hollow handled knives, 3 tined forks and rat-tailed spoons. In heavy weight hand forged pewter-like satin or polished stainless. Service for 8 includes 8 dinner forks, 8 dinner knives, 8 salad-dessert forks, 8 soup spoons, 16 tea spoons, plus sugar spoon, butter knife and 2 serving spoons

52-piece service for 8 $39.95
78-piece service for 12 $59.95

Economy minded? Fifty-piece luncheon size $23.95

SETH [illegible]
GREAT BARRINGTON, MASS.



CREATIVE GLASS BY CORNING 1 Set $16.98

- They go safely from your refrigerator to oven
- Great for soups, souffles, vegetables, anything!
- Sparkling-clear and so elegant for serving

See what Corning has done for glass—these go from refrigerator to pre-heated oven, ideal for baking and serving! American-crafted to the superb standards of Corning Glass. 1-qt., 1½-qt. and 2-qt. are 5¾", 6½", 7¼" diameter. Set of 3.

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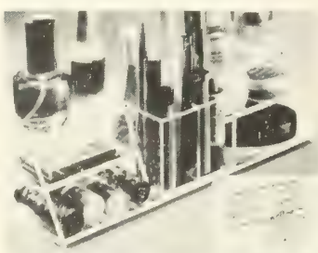
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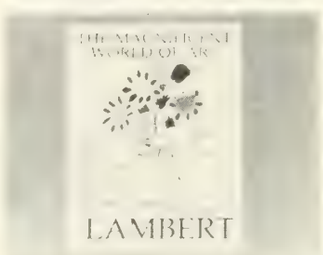
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Groomette is a neat little instrument of fine surgical steel to trim hairs in nostrils and ears. Insert in nostril or ear, twist knob, hair is snipped off without damage to sensitive tissues. $2.98 plus 30c post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



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BAMBOO PLANTERS



Cachepots and stands combine in bamboo to make elegant planters. High planter is 19" with a 7" by 8" cachepot; low one is 16½" tall, 6" by 7" cachepot. High, $10.95; low, $9.95. Add $1.25 each. post. Catalogue, $1. The Patio, HG10, 550 Powell St., San Francisco, CA 94108.

FAMILY PLAY



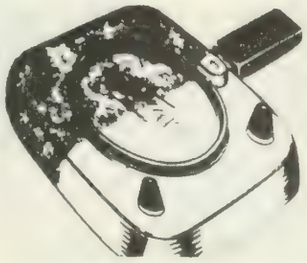
Old-time Uncle Sam mechanical bank is patriotically colorful. Put coin in hand, push button and watch it drop into bag as whiskers move. 8¾" h. Invent games: guests pay fun penalty for this or that. $4.50; two $7.95. Ppd. Seth & Jed, HG105, Great Barrington, MA 01230.

BLOCKFRONT BEAUTY



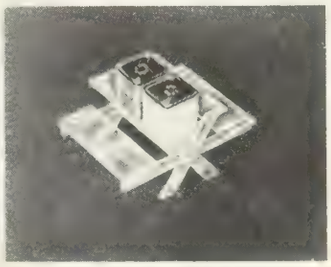
Handsome XVIII century reproduction chest is made of solid andiroba wood with cast brasses. Center guided drawers have dovetail joinery. 38" w., 20" d., 32" h. Mahogany or fruitwood finish. $457. exp. coll. Catalogue 21, $1. Ephraim Marsh Co., Dept. 346, Box 266, Concord, NC 28025.

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Brush-on cleaner for aluminum, chrome, porcelain cookware, ovens, rotisserie and grills. 7 oz. can with brush. Dissolves carbonized grease, encrusted build-up. Does not darken or pit. $3.98 plus 55c post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.

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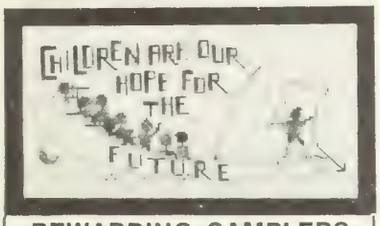
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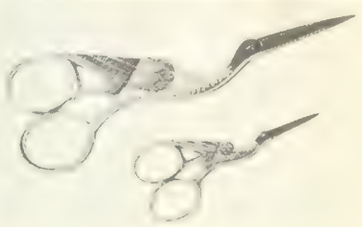
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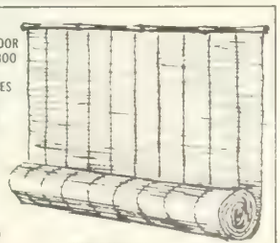
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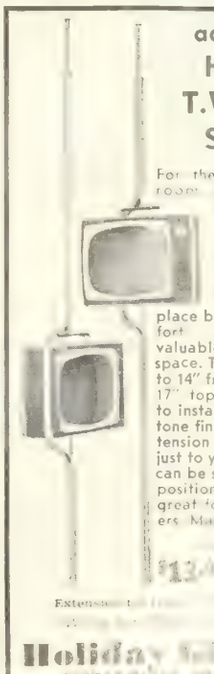


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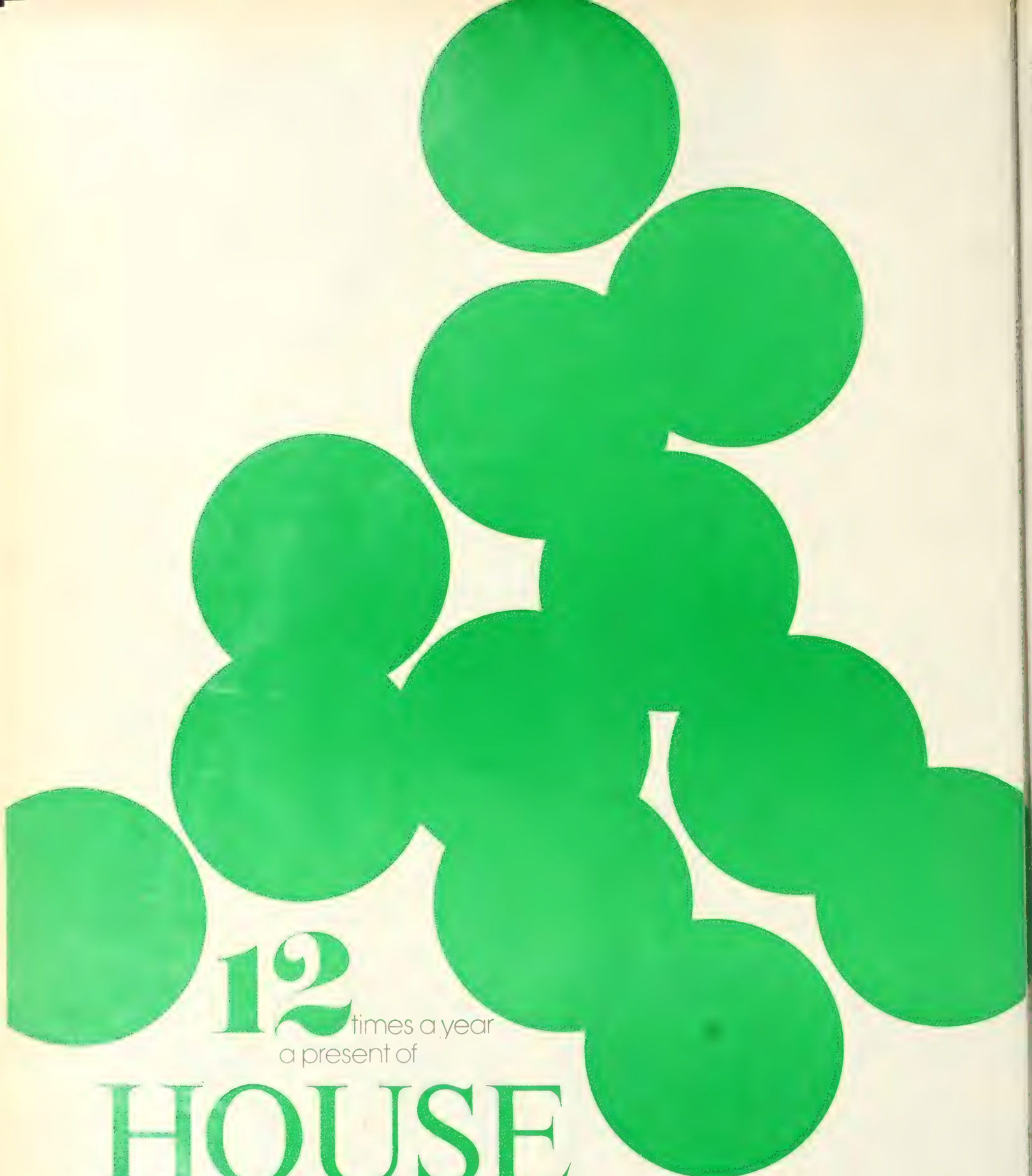
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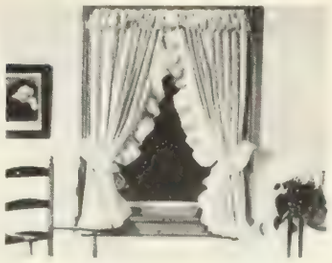
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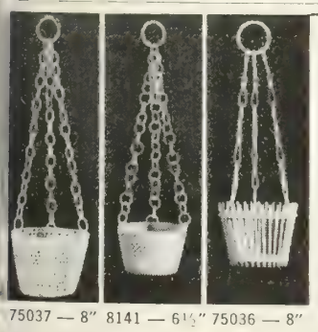
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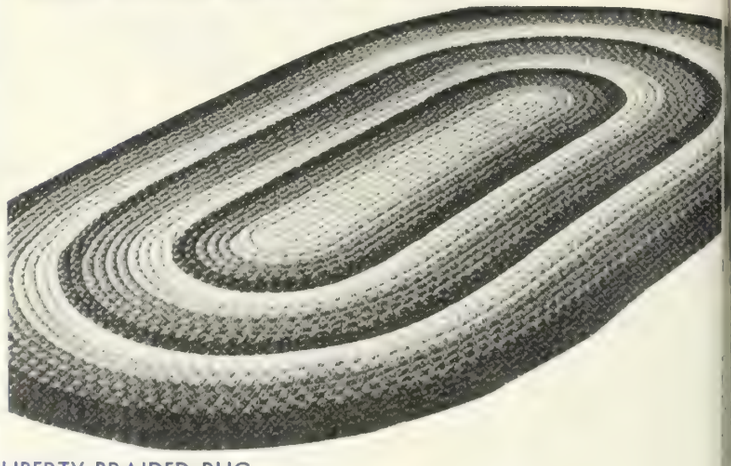
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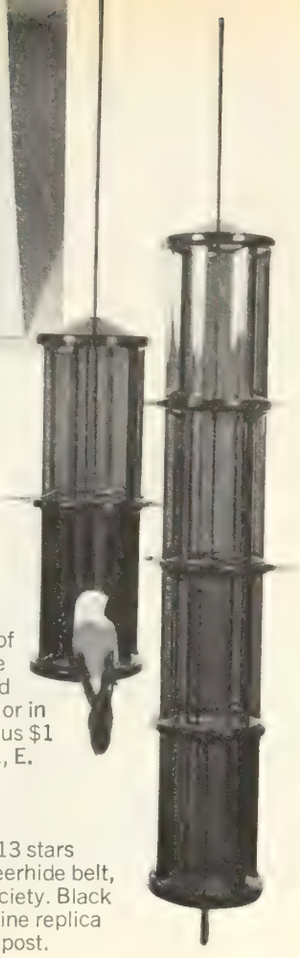


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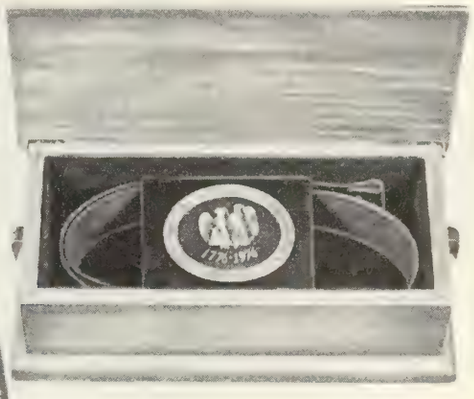
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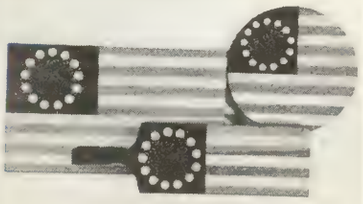
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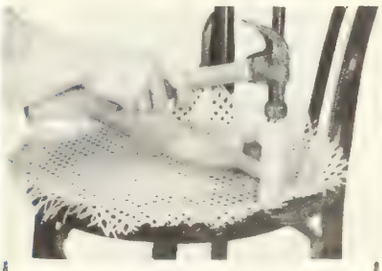
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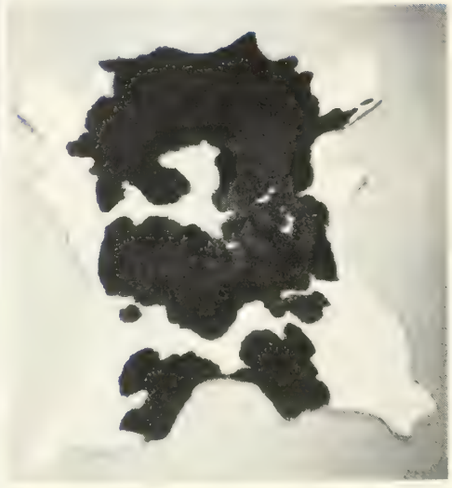
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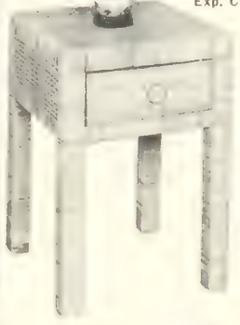
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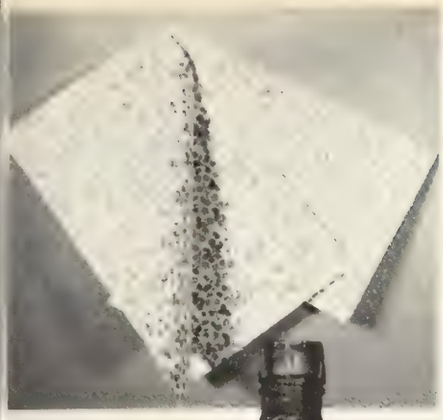


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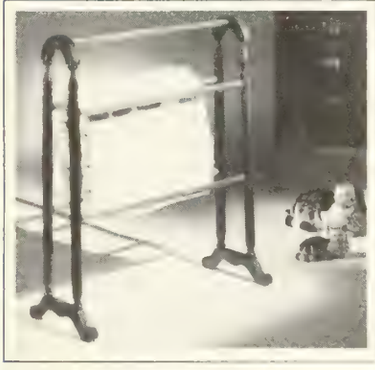
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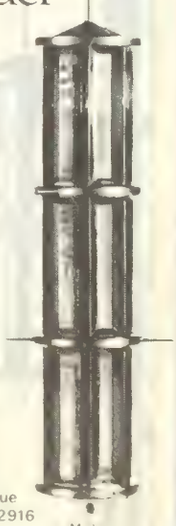
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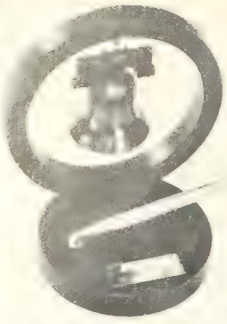
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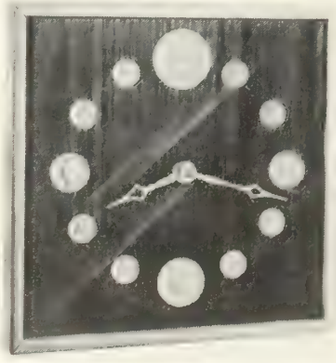
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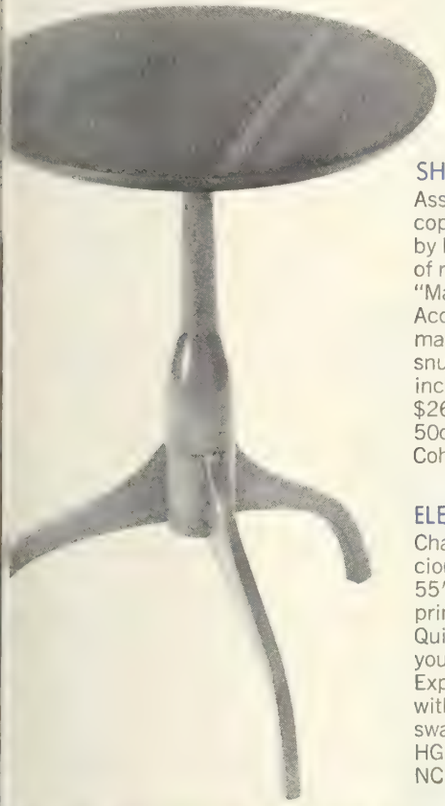
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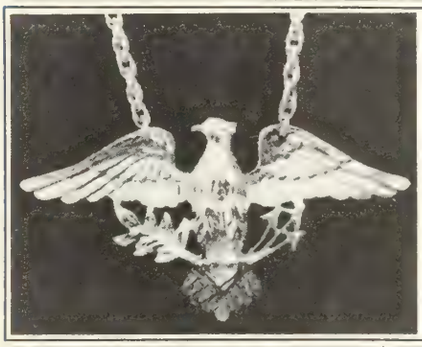
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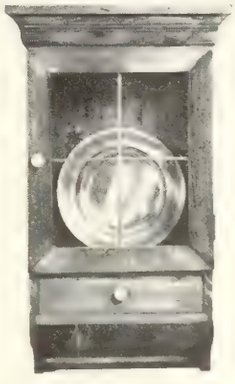


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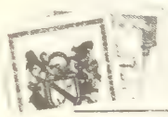
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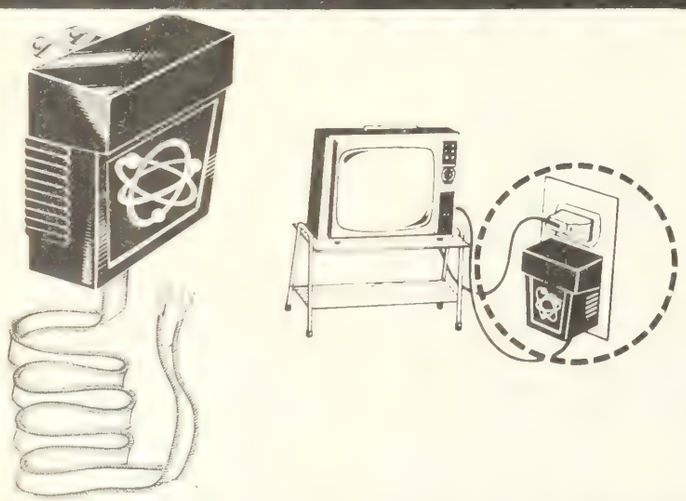
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Needlepoint design to do in froggy green on 12" sq. cotton canvas with Persian Wool. $6.95 with design, wools, needle and instructions. Add 50c post. Wood frame: oak or white finish, $2.50. Purple hippo, pink elephant, others. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



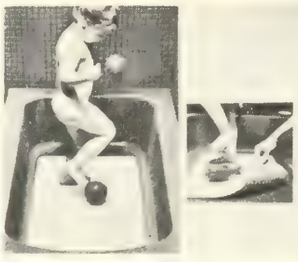
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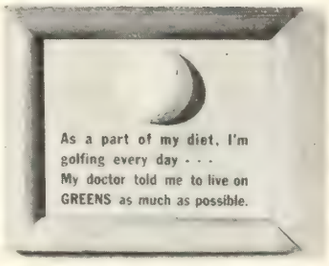
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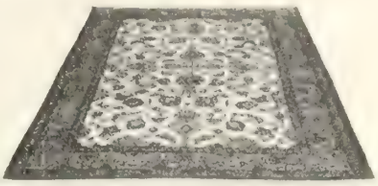


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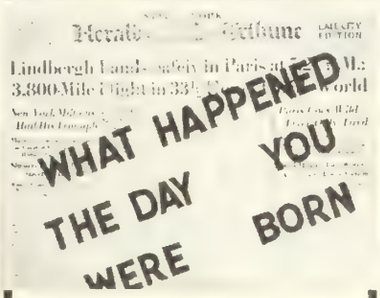
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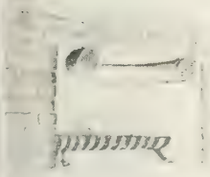
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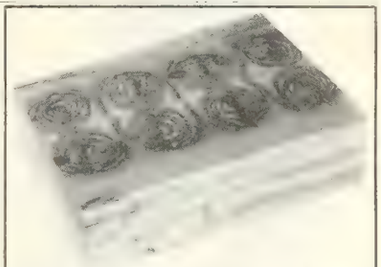
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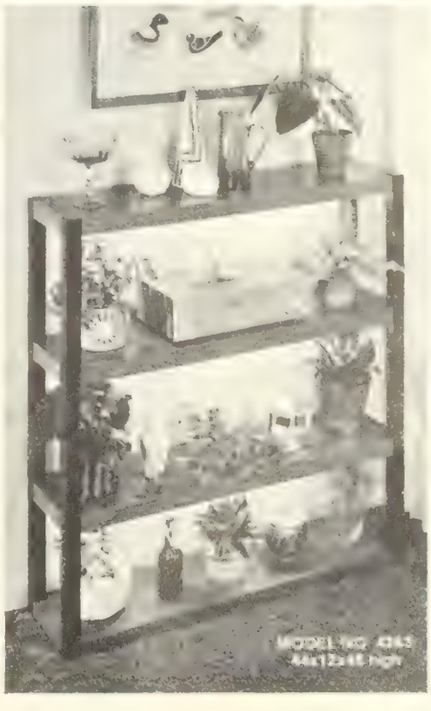
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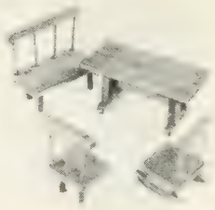
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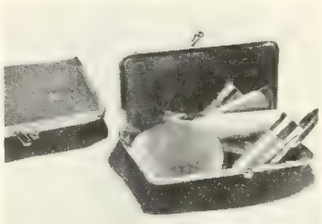
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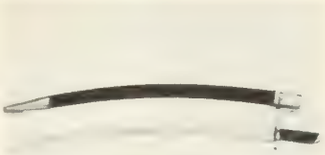
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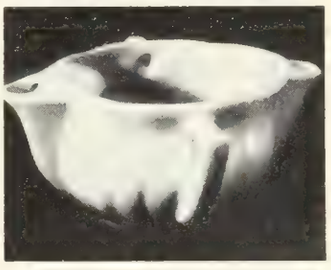
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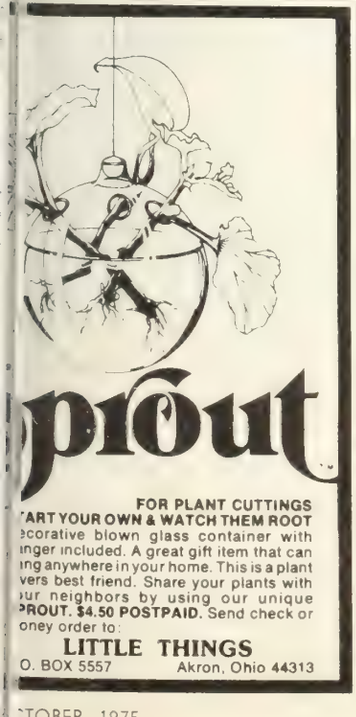
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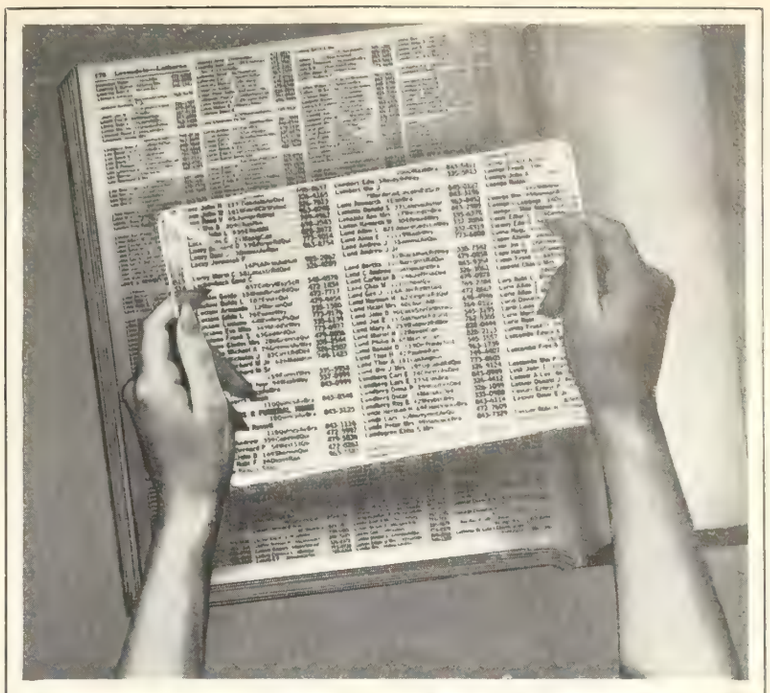


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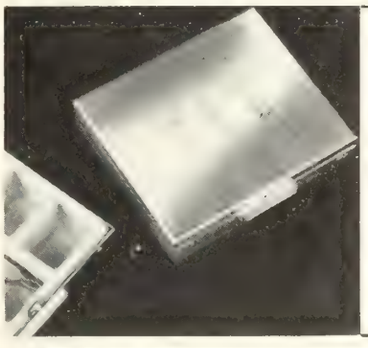
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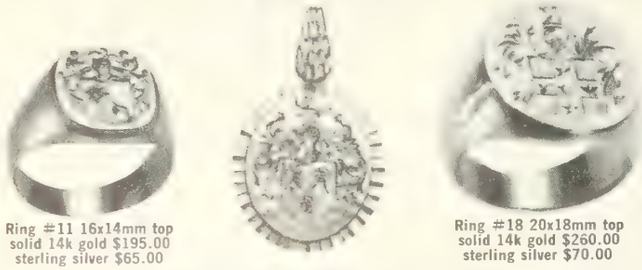


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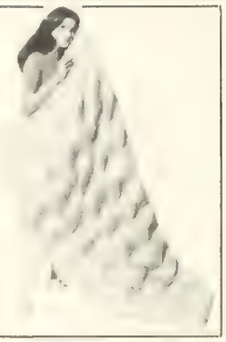
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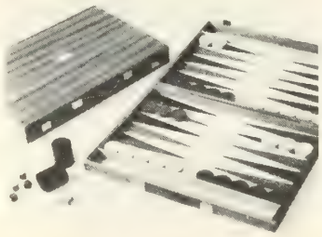
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Send your child's name to Chelsea Arts and receive an enchanting personalized picture. Beautifully colored lithograph on 16" by 20" quality art paper. Specify boy or girl and print name up to nine letters. $3.95 ea.; two, $7. Add 35c post. Chelsea Arts, Box 948-EH, Long Beach, CA 90801.



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Inlaid wood in light and dark grains for a competition-size backgammon board. A luxury set that has wood pieces and dice, leather-look cups, walnut case with brass initials (print). $39.98 plus $1.75 post. Lillian Vernon, GOE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



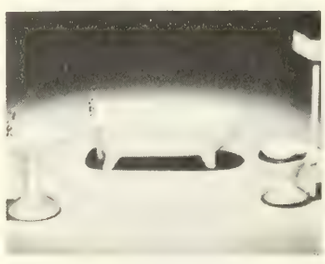
PHOTO FAIR

Favorite photographs for friends to include with Xmas greeting or job applications. For color, send color negative, photo or slide. 20 for $1.98; 32 for $2.98. Black and white, send *any* photo or negative. 36 for $1; 76 for $2 Add 30c post. Philips Foto Co. HGW-5, Elmsford, NY 10523.



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A lovely woven tapestry from Europe in rich pastel shades of green, gold, blue, crimson. Fine cotton that doesn't fade. 20" by 20". For frame, pillow or upholstery. $8.50 plus $1 post. Catalogue, $1. Lovelia Enterprises, Inc., HG10, Box 1845, Grand Central Sta., N.Y., NY 10017.



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Complete set, white porcelain with brass faucets and pipes. The footed bathtub is 5" long. The water-closet toilet is 5" high, has a movable seat and a pull chain. Washbowl 2½" high. #9829. Play gift. $7.95 plus 25c post. Downs & Co., Dept. 1410W, Evanston, IL 60204.



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"Debra," has 1¼" wedge heel, zigzag rubber sole. Widths AAAA EE, 2½ to 12. Smooth trim grain calf. Beige with otter, bone with malt; navy with light blue; white; black. 2½-10, $26.95; 10½-12, $27.95. Add $1 post. Free catalogue. Solby Bayes, HG10, 45 Winter St., Boston, MA 02108.



KEEP WARM

Snowflake dress-length coat of quilted nylon cozily insulated with five ounces of dacron polyester fiberfill for lightweight warmth. Brass buttons and two slash pockets. Oyster, navy and red pepper. In sizes 10 to 22. $40 ppd. Johnny Appleseed's, Box 710, Beverly, MA 01915.

DOLLS A SEE-SAW

Ceramic see-saw really goes up and down with its colorful boy and girl riders. Scene revolves as it plays the tune, "Frere Jacques". Handpainted, 6¼" dia. $9.95; two, $18.95 plus 75c post. American Consumer, Dept. MBF-4, Caroline Rd., Philadelphia, PA 19176.



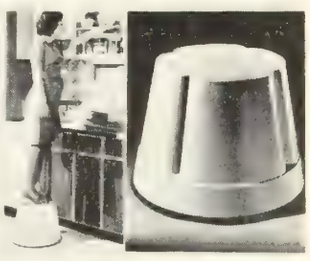
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We can't promise this snappy copper bracelet wards off hobgoblins or cures rheumatism. But we *like* its casual cachet! Chain-links gleam for both him *and* her. Men's, $3.98; women's, $2.98. Add 25c postage each. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



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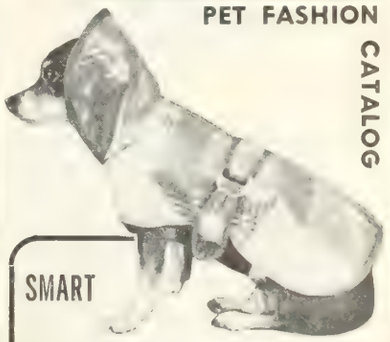
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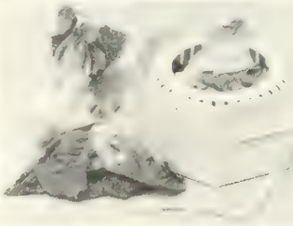
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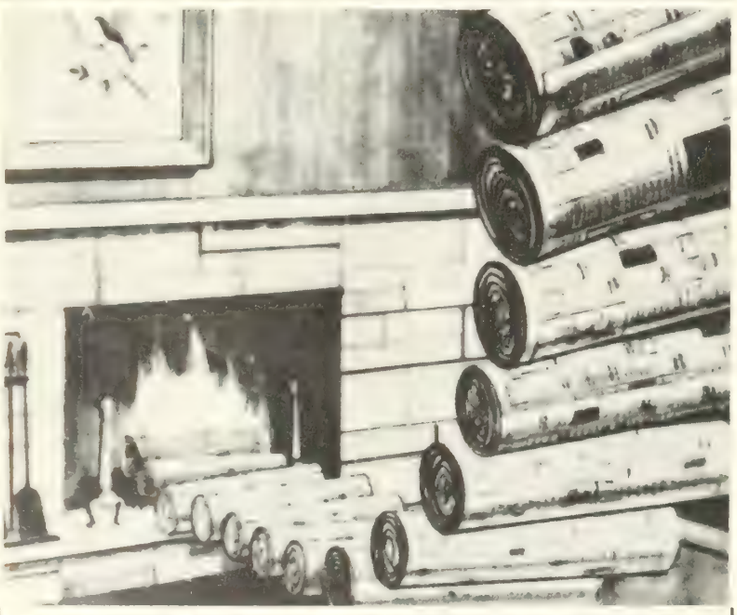
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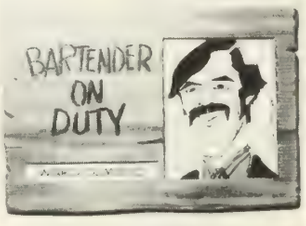
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Stunning replicas of authentic native Indian jewelry. The 28″ necklace has an antique silver finish, is set with simulated turquoise stones. Lovely for owning or giving. Necklace $20; matching earrings $5 ppd. Catalogue 25c. Bonnie Sue Gifts, HG10, Box 253, Oceanside, NY 11572.



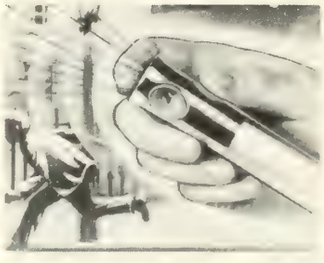
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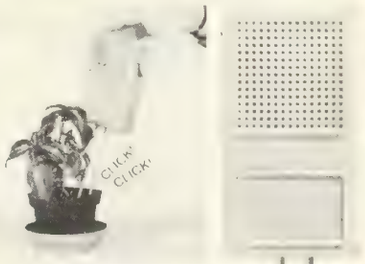




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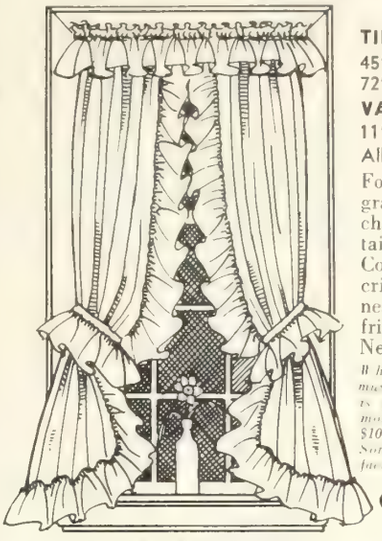
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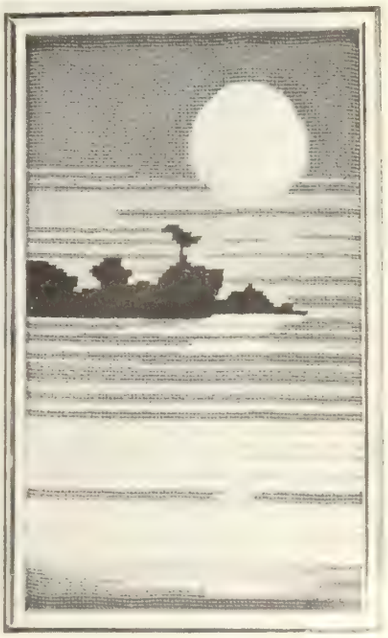
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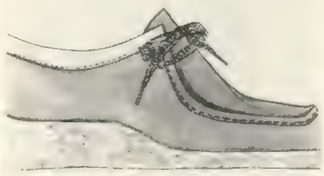
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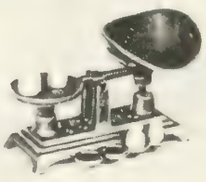
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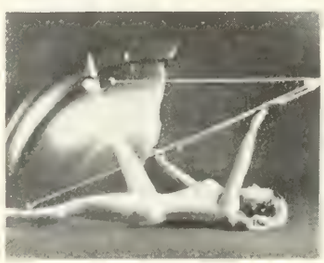


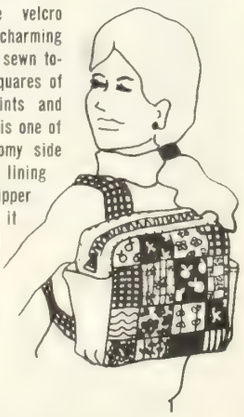
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The Bryan Robeson catalogue is a convenient way to shop for quality workmanship and authentic reproductions of chairs, sofas, tables, desks. Includes leather furniture and unusual pieces in fine woods. Send 50c to Bryan Robeson, Dept. HG-142. Rte. 10, Box 793, Hickory, NC 28601.

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Air pump action fills glass, cup without lifting or removing top. Holds half gallon liquid hot or cold. Easy tote handle. Top, lazy susan bottom, plastic; exterior, metal. Walnut or floral design. $36.95 ppd. Davey Jones Locker, HG10, 403 Main St., Port Washington, NY 11050.

TAB OF PREVENTION



Plant tender fits into the soil to tell when the plant needs water. When it shows white, water is needed; it turns green when the soil is right. It prevents over- and under-watering. Set of six, $1.99; two sets, $3.75 ppd. Creative Enterprises, HG10R, 1732 Butler Ave., Los Angeles, CA 90025.

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Sterling bracelet and matching ring with stone. Golden tigereye, dark blue sodalite, light blue lace agate, orange carnelian or green Aventurine. Ring, $9; bracelet, $17; set, $25. Ppd. Free brochure. Peter Wittman Handcrafted Jewelry, HG10, 25 Central St., Wellesley, MA 02181.

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R. H. Smythe's, "The Mind of The Horse" explores how a horse sees, reacts, and learns. 123-page indexed hard cover book with illustrations. Traces history, domestication, emotions. $6.95 plus 45c post. Sleepy Hollow Gifts, HG10, 6651 Arlington Blvd., Falls Church, VA 22042.

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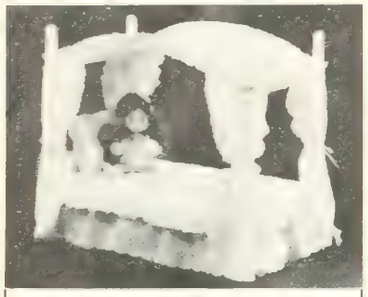


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Natural redwood hanging pair for lovely lighting, plant display. In heavy-duty hanger of brass-plated ball chain. Both parts 10" dia.; lamp 11" h., basket 6". Overall length 53". 15" golden cord, hi-lo switch, socket for 100w bulb. Ceiling hook. $24.45 ppd. Sebring Hand-Crafted Ind., HG10, Hwy. 27 No., Box 1658, Sebring, FL 33870.

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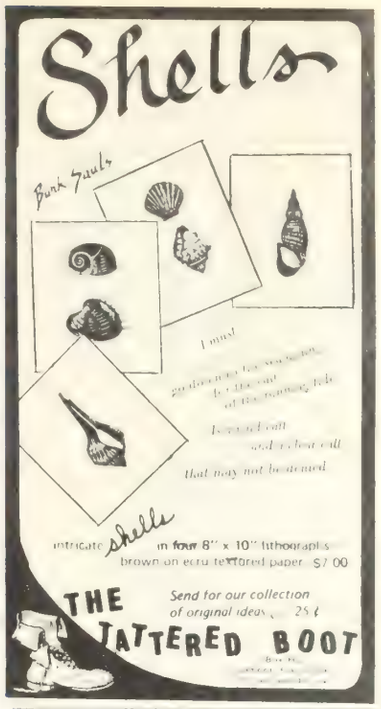
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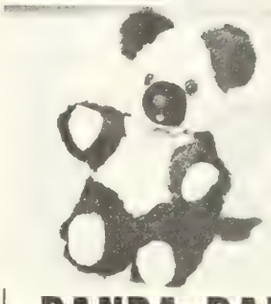
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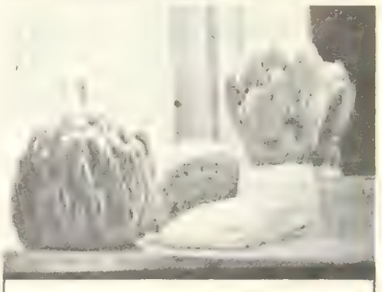
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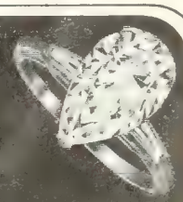


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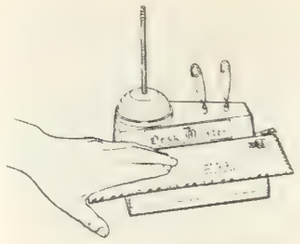
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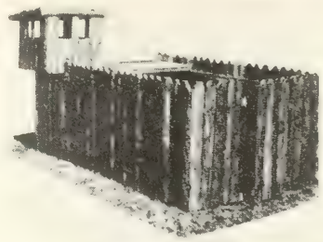
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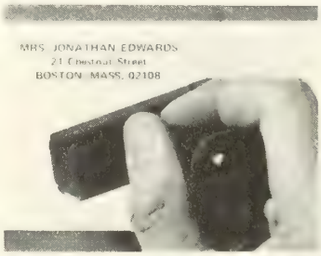
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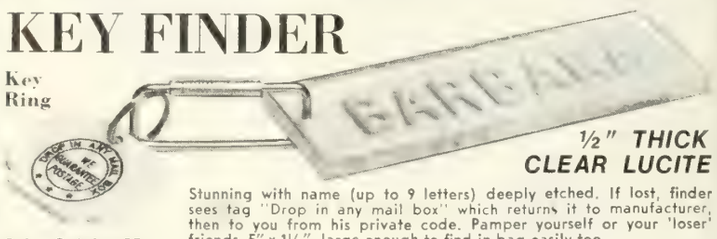
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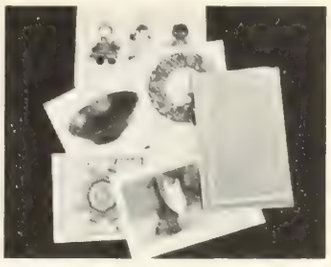


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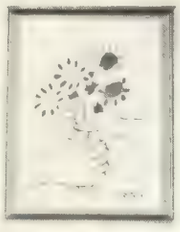
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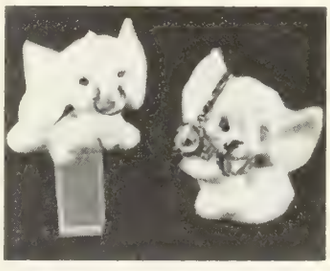
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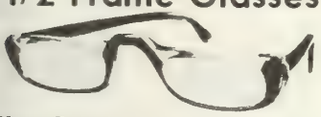
For fun and fashion team yours with other bangles. Solid copper charmer's ¾″ wide; adjusts to any wrist. And who's to know you didn't have it custom-made for you in a far-off bazaar? $1.98; two, $3.50. Plus 45c post. The Ferry House Inc., Dept. GL-10, Briarcliff Manor, NY 10510.

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10" diameter, gleaming chrome mylar. Water tight pot for direct planting, down-side up use as display pedestal. Height: 6"-$9, 13"-$12, 21"-$18, 33"-$24, 48"-$28. N.Y.S. add applicable tax. Shipped free anywhere in U.S. Send check or m.o. to:

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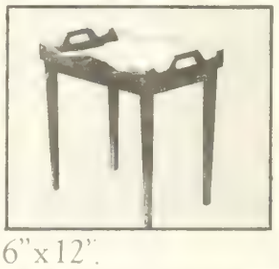
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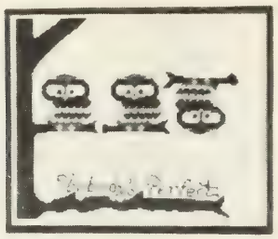
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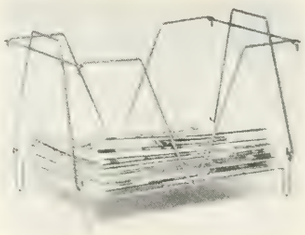
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Dept. HG-105, Congers, N.Y. 10920

SHOPPING AROUND



NEEDLEPOINT FUN

Kit with amusing picture and legend "Nobody's Perfect," hand-painted on 12-mesh white interlock canvas. Persian-type yarns, yellow, brown, greens, and white; needle; complete instructions. Finished size 10" x 12". $17.95 plus $1 post. The Stitchery, HG10, Wellesley Hills, MA 02181.



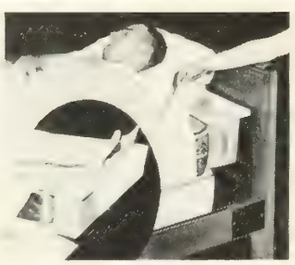
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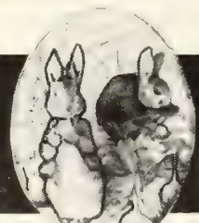
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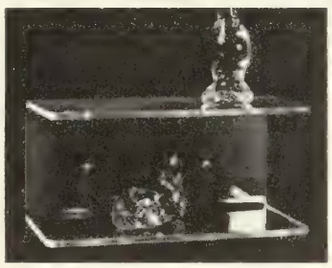
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The Leeds Company

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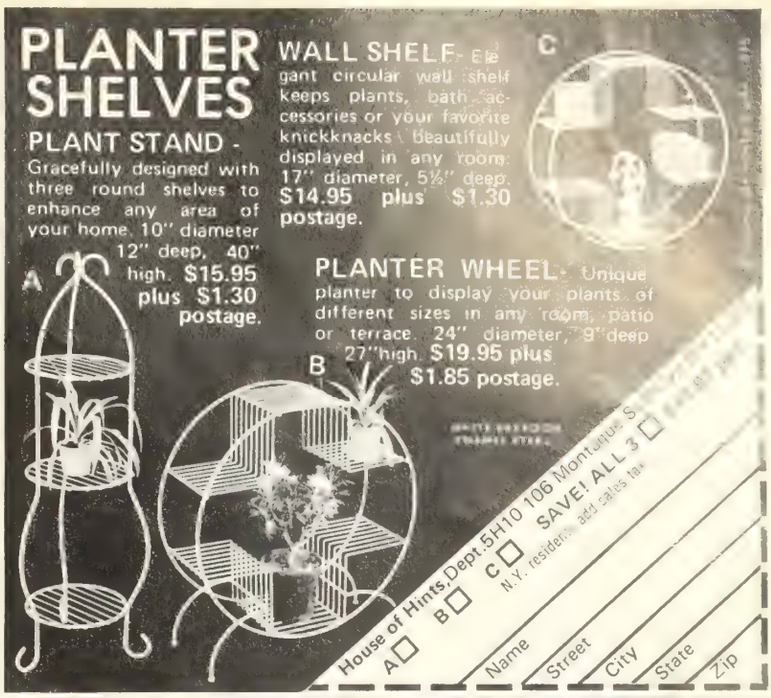
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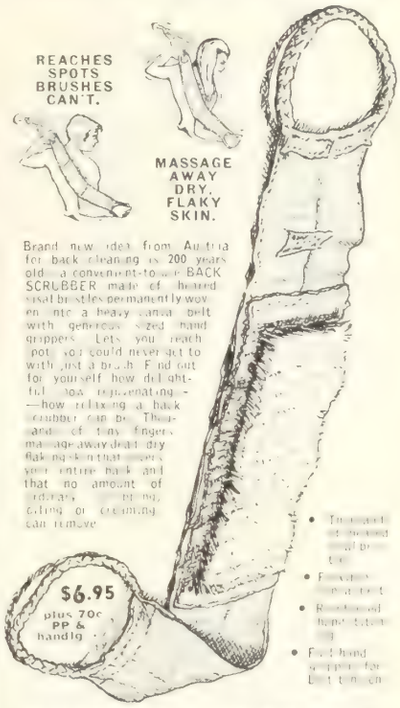
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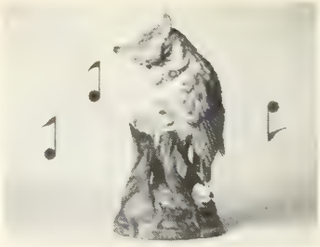
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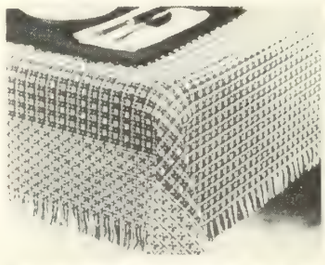
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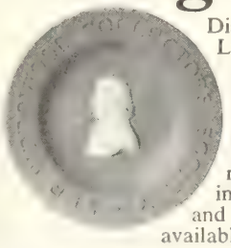
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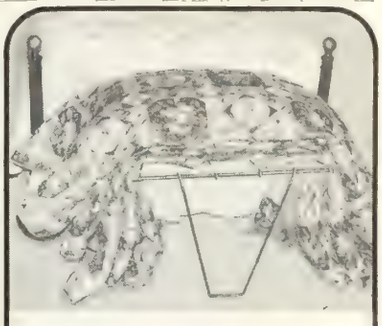
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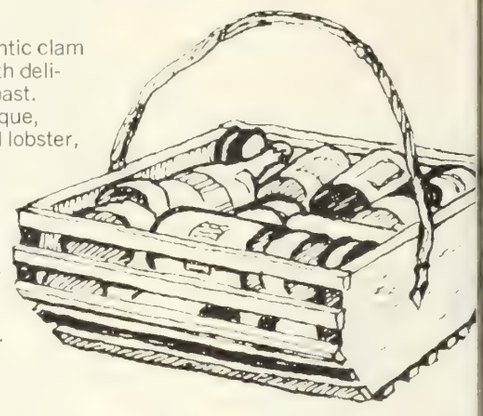


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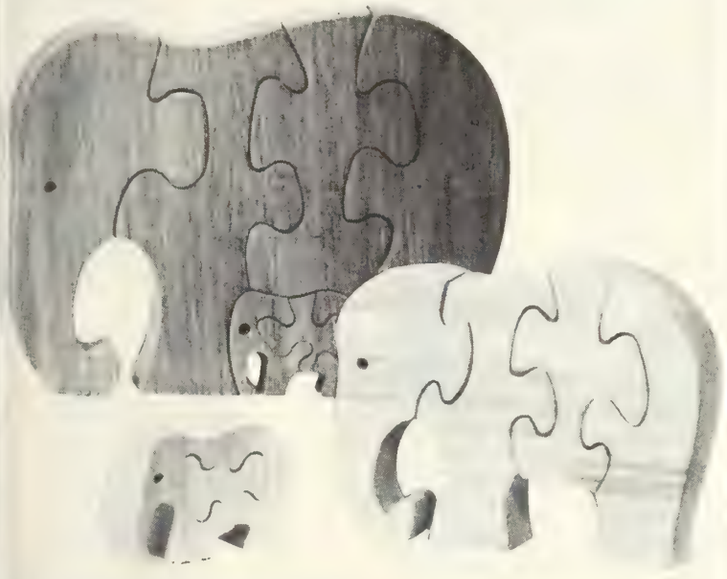
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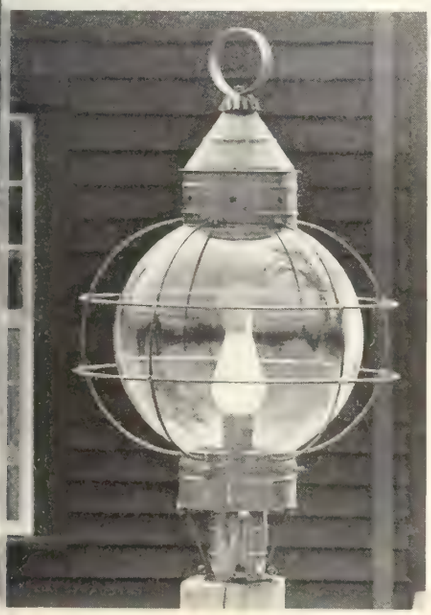
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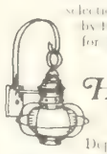
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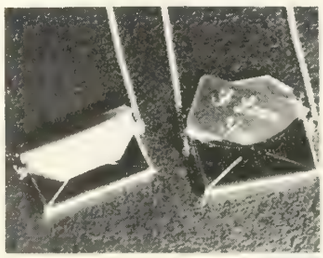
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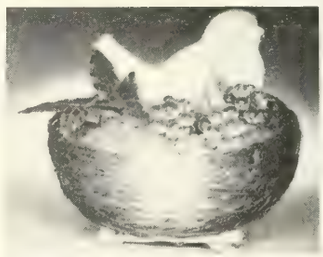
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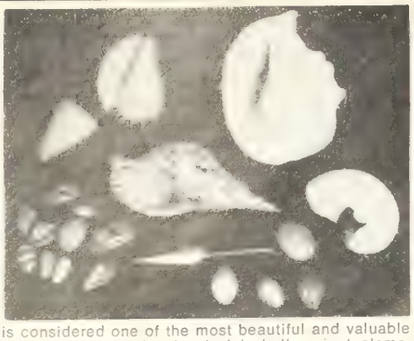


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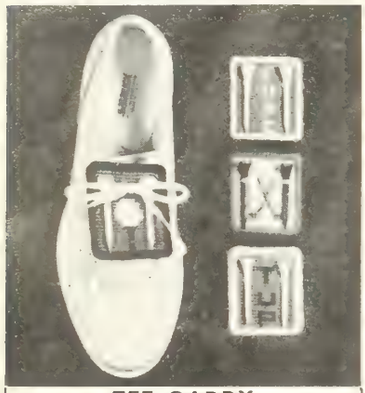
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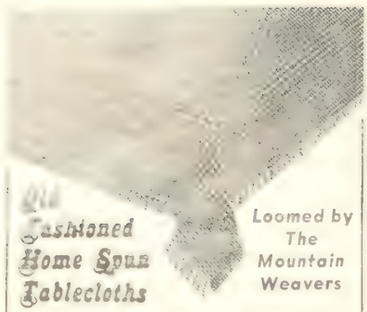


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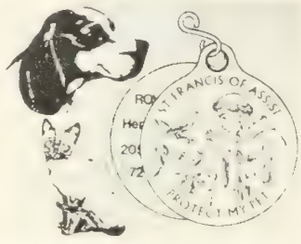
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TIMELESS DESIGN

Hand-carving makes a Louis XVI arm chair truly elegant in any setting. Solid beech frame is ready to finish. Seat and back hand-caned. $149; side chair $134. Exp. coll. Furniture catalogue $1. Door Store of Washington, DC, HG10, 3140 M St. N.W., Washington, DC 20007.



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Bronze medallion sculpted with St. Francis, patron saint of all animals. On the reverse it has space for pet's name, your name, address and telephone number. Engraved free. Includes collar hook. $2.49 ppd. Leisure Industries, HG10, 11669 Santa Monica Blvd., Los Angeles, CA 90025.



NEWS OF YOU

Have your own holiday greeting plus photos reproduced on one of the 33 special letterheads, cards and French-folds. 100 messages $19; 100 with photos $23.50. Ppd. Kit and instructions 10c. Write to Christmas Letters, HG10, 2919-E Pearl St., Boulder, CO 80302.



SKIN TONER KIT

Home plan is designed to help reduce any flabby spots and to revitalize skin. Mitt used to massage and buff; gel concentrate to lubricate massaging; skin smoothing creme; guidebook. $9.95 plus $1 post. Parisian Slimmers System, Dept. LG/Y, Box 7338, Van Nuys, CA 91409.



GREAT IDEAS

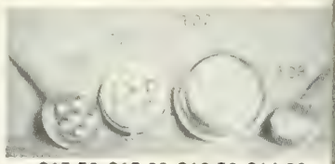
Amazing 196 page gift catalogue. 2,000 items—most under $5! Selections for men, women, children to help make armchair shopping the best solution to holiday crowds. Toys, housewares, novelties. Color catalogue free from Miles Kimball Co., 227 Bond St., Oshkoln, WI 54901.



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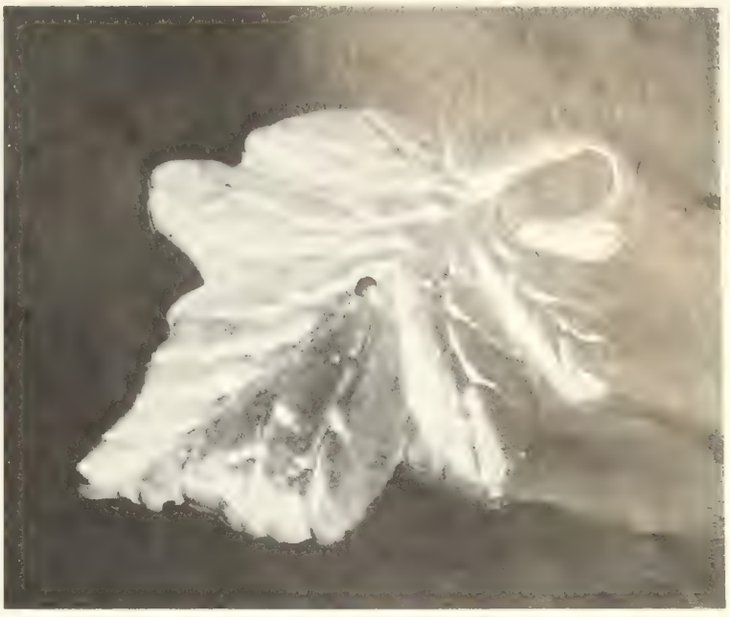
A battery-operated eraser can rub out pencil, pen, typing, even magazine print quickly. 5¾" long. Attachment sharpens drafting pencils. Two eraser refills and batteries included. Made in Italy. $10 plus $1.35 post. The Horchow Collection, Dept. 02171, Box 34257, Dallas TX 75234.



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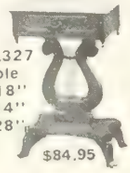


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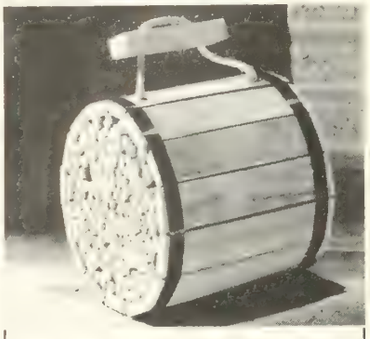
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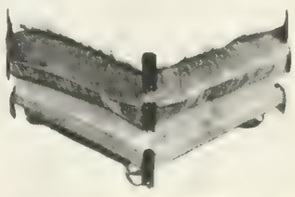
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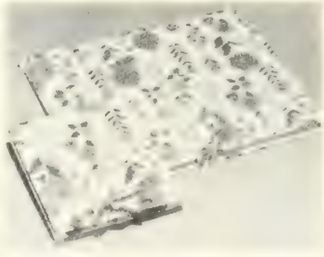
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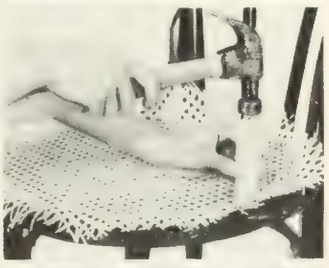
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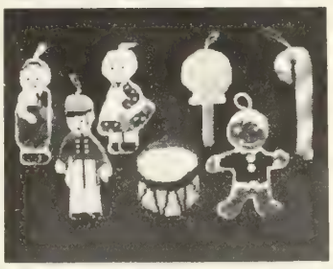
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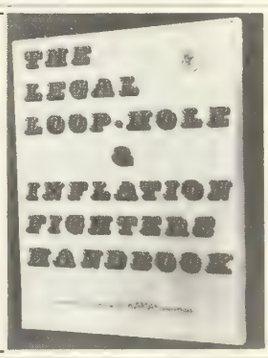
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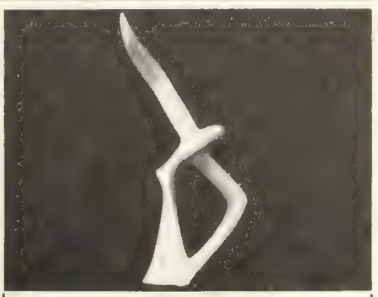


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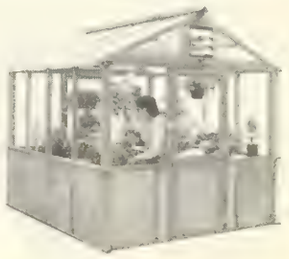
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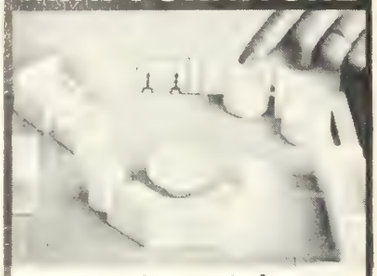
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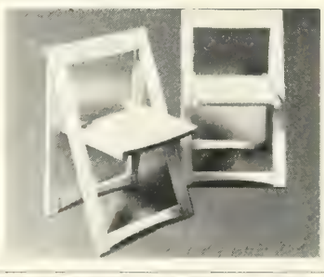
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Enchanting wax ornaments from West Germany. Six in kit which has three primary colors and white for mixing your own hues, gilt, brush and hanging cords. 2½" to 3½". $5.98; two $9.98. Add 50c post. each. Lillian Vernon, GOE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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hrow blanket: 70% wool, 15% anora, 15% nylon. By Yves Gonnet.

REAT AMERICAN DECORATING
(ATURALS
'ages 132-133:
'ine chest: 52½" x 20½" x 15" high, drawers, 2 doors, natural finish. 1255. By Medallion Ltd.*
Carefree" pine chair: 35½" x 29" 27" high, sling seat, tufted cushion, atural finish. $79.95. From the "Easy iving" collection by Domani, a divion of Burris Industries. At Abraham Straus.
Cocktail table and stools: 10" sq. x 8" high; stools, 19" sq. x 16" high, on asters, vinyl seats, tops flip up for torage; laminated tabletop. $229 inludes 1 stools. By Domani. At Abraam & Straus.
"Saga" wool rug: 4'7" x 6'7", $169. y Ege Rya.
Wicker armchair and ottoman: hair, 29½" x 30" x 33" high, $391; ttoman, 21" x 19½" x 14½" high. 169. By Henredon.
Square cocktail table: 38" sq. x 15" igh, split rattan. From the "Makati" roup by DIA Design Institute Amerca.* At Strawbridge & Clothier.
Handpainted pillow: 24" sq., cotton anvas. $150 each. At LCS.*
Oak finish settee: 50½" x 23" x 33" igh, rail back, floral cushions. $415. By Habersham Furniture.
Hexagonal trays: imported from China. $16.50 ppd. at Tabletopping at Henri Bendel.
Armchair: 23½" x 20" x 10½" high, cane seat and back, nautral finish. By Founders. At Marshall Field.
"Pineapple" vinyl wallcovering: 27" wide, 32" repeat, $25.50 a roll. By Instock Papers. At Maxine's Wallpaper.
Dowel clock: 12" x 8" x 60" high, brass trim, olive ash veneer, natural finish. Designed by George Copeland. $300. At Macy's.
Corner cupboard: 39" x 17" x 80" high. From the "Country Manor" collection by Thomasville. At John M. Smyth.
Side chair: 19¾" x 22½" x 39¼" high, natural pine finish, Chippendale detail, brown velvet upholstered seat. By Drexel Heritage Furnishings.
Bar stool: 16" diam. x 24" high, cane seat, chrome base, rosewood laminate. $108. By Chromcraft.
"Spectrum" coffee table: 22½" x 26" x 16" high; 6 wedge-shaped tables fit together to make 1 round table, smoked glass over lattice design, olive ash burl tops. $130 per section. By Gordon's.
Armchair: 27" x 21" x 29" high, 3-legged, chamois leather seat and back. $289 COM. By Flair.
Hutch and hunt board: 63" x 17½" x 83" high, wood interior shelves, hunt board may be used as a separate side board. $440 and $399. From the "County Down" collection by Stanley.
Wicker chair and ottoman: chair, 34" x 35" x 32" high, $533; ottoman, 34" sq. x 16" high, $304. Designed by Jim Peed. From the "Antigua" collection by L.J. Newton.
"Turnover" sleeper: 81" x 37" x 29" high, upholstered in Haitian cotton. $635. By Selig.
Cocktail table: 41" sq. x 16" high, elm plank top, parsons style legs. $199. By Flair.
"IDI" glass-topped card table: rattan frame, leather corners and thongs, natural finish. 34" sq. x 29" high. $190. By Founders.
Cachepots: from 3" to 9" diam., in 5 sizes. $1.85 to $5 each. At Bailey/Huebner at Henri Bendel.
"Jute Group" pillows: 100% jute with cotton appliqué in a stripe, diagonal, or square pattern. 15" sq., $12; 30" sq., $35. By Riverdale. At Bloomingdale's.
Corner chair: 24½" x 23" x 30" high, petitpoint seat. $129. By Brandt Cabinet Works. At W&J Sloane.
Pine plant stand: 36½" wide x 14½" high, Chippendale fretwork trim. From the "Et Cetera" collection by Drexel Heritage Furnishings.
Upholstered benches: 16" x 16" x 16½" high, gray and beige herringbone fabric. $110 each. By Thayer Coggin. At Abraham & Straus.
Cocktail table: 60½" x 27¼" x 15" high, split bamboo laminate top, natural finish. $350. By Thayer Coggin. At Abraham & Straus.
Gateleg dining table: butcher-block laminate top and chrome base. $225. By Selig.
"Ashanti" wool rug: 4' x 6', $240. One of 3 patterns from the "Nomadic Naturals" collection by Cabin Crafts Carpets, WestPoint Pepperell Carpet and Rug Division. At Frederick & Nelson.
Chair and ottoman: upholstered in brown canvas; chair, 35" x 29" x 38" high, $322; ottoman, 29" x 24" x 15" high, $99. Both by Domani.
"Let's Make Waves" quilted bedspread: Fortrel and cotton cover, Fortrel filling, machine washable. Designed by Harry Hinson for Wamsutta TruCraft. Twin, $40. Also available in curtains, draperies. At W&J Sloane.
African mahogany armchair: 25 x 23" x 28" high, natural canvas seat and back. By Moreddi.
Scroll cocktail table: 51" x 28" x 15" high, split bamboo, flips over on its end to serve as base for a table or desk. By DIA—Design Institute America.
Etagère: 32¼" x 14" x 80" high, ash with Provence finish. From "Les Baux" collection by Drexel Heritage Furnishings.

WINE & FOOD
Page 139:
Woven plates at Henri Bendel.

Building Facts

Materials and equipment used in the solar house on pages 134-137

ARCHITECT: Michael E. Jantzen
INTERIOR DESIGNER: Michael E. Jantzen
LANDSCAPE ARCHITECT: Michael E. Jantzen
CONTRACTOR: Michael E. Jantzen
SIZE OF HOUSE: 650 square feet

STRUCTURE
Foundation: Poured concrete footings.
Framing: Standard wood-frame construction and wood arches.

EXTERIOR OF HOUSE
Exterior walls: Steel and plywood by the Strongbarn Co.
Exterior finish: White paint by Phelan's Paint Co.
Roof: Painted steel silo top.
Insulation: In floors and lower level walls, Fiberglas by Owens-Corning Fiberglas Corp.; in top walls and roof, foam by Insta-Foam Products Inc.
Windows and doors: Plexiglass bubbles by Allied Plastilite; sliding glass doors: steel entrance door; wood interior doors.

INTERIOR OF HOUSE
Interior walls: 1 - inch - by - 12 - inch white fir.
Ceilings: In major rooms, kitchen, and baths, tile; in bedroom, foam by Insta-Foam Products Inc.
Floors: Vinyl asbestos tiles by Kentile Floors Inc.
Lighting: Fluorescent tubes by General Electric Co.
Interior paints and stains: In living room, gray stain; in bath, white stain; in bedroom, heat retardant paint; all by Phelan's Paint Co.
Music system: Stereo system by Sony Corp. of America.
Cabinets and countertops: Custom made particle board cabinets and Formica countertops.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Kenmore range by Sears; refrigerator by Bradford.
Hot water heater: Electric.
Heating and cooling system: Heated by solar system and 220 portable 15600 BTUs electric heater; cooled by natural ventilation and exhaust blower.

To order plans for the solar-heated house, greenhouse, or sauna, write to Michael Jantzen, Box 172, Carlyle, Ill. 62231

Manuscripts

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2. "CLEANER AIR." Background information on in-the-home air pollution control is provided in this new booklet "Cleaner Air" from Research Products Corporation. It describes the capabilities of air filters and air cleaners and presents efficiency data on the removal of house dust, tobacco smoke, pollen, and spores by a new type of air cleaner that uses no electricity.

3. STAINLESS STEEL SINKS— Deluxe 36-page color booklet "How Water Can Serve You Throughout Your Home." Ideas for kitchen, bath, and laundry. Also includes recipes from Bon Appetit magazine. Elkay Manufacturing Company. $1

4. NEW IDEAS WITH WOOD WINDOWS. Pella Rolscreen windows and doors are as beautiful as they are easy to maintain. Colorful booklet illustrates how Pella designs add distinction to any house.

5. DO-IT-YOURSELF CERAMIC TILE. An 8-page color folder illustrates techniques for installation of Easy-Set—sheets of ceramic tiles held together with a factory-applied silicone rubber grout. Shows 6 colors in which this do-it-yourself product is available and areas in which it may be used. American Olean Tile Company.

Decorating

6. "A GUIDE TO CARPET BUYING" from C. H. Masland & Sons is designed to give you facts that will make you more confident when buying a carpet. Carpet color, texture, construction, makeup, fiber, backing, and padding are discussed. Plus pointers on how to care for your carpet.

7. OUTDOOR FURNITURE that has long been the choice of clubs, hotels, and resorts is now available to you from the Tropitone Furniture Co., Inc. Delightfully illustrated color catalogue gives you an inventory of the various styles and colors. $1

8. RATTAN WITH RAWHIDE. The McGuire Company's beautifully illustrated new booklet shows how this furniture fits easily and naturally into any surroundings: traditional, Oriental, or very modern. Booklet also discusses the strength, flexibility, craftsmanship, and patented technique of this collection. 50c

9. INSPIRED BY ANCIENT TIMES, yet contemporary in style—the Henredon Artefacts collection of bedroom, dining room, and occasional furniture. These simple, classic, comfortable pieces are shown in a 50-page booklet. $1

10. EXCLUSIVE COLLECTION. Two handsome hardbound volumes totaling 402 pages plus a separate index by living area and item show the entire collection of Baker classic furniture for the living room, bedroom, and dining room. Baker, Knapp & Tubbs. $15

11. A VARIETY OF CREATIVE DESIGNS in upholstery, wood, metal, and plastics are shown in this decorative folio from the Selig Manufacturing Company, Inc. Included in the collection is an extensive array of sofas and sofa beds, chairs, ottomans, and tables. $1

12. KITCHEN AND BATH SELF DECORATOR. Color coordinator idea pamphlet features Formica Brand Coated Wall Fabrics. Sketches of twelve sample kitchens and baths show these wall fabrics combined with Formica's decorative laminates—all in House & Garden Colors.

13. HOMEFURNISHINGS CATALOGUE from Brown Jordan. Sixty-two pages in full color show its complete line of indoor/outdoor homefurnishings made of cast and tubular aluminum. Included is a special section giving dimension specifications for every item produced. $2

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14. EXPRESS YOURSELF WITH DECORATIVE TABLE SETTING IDEAS shown in this booklet. Follow simple directions for creative American

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15. GET ALL THE FACTS from this colorful flyer on Thermador Thermaglas Smooth Cooktops. Models include a barbecue grill that trades places with a Teflon-coated griddle to give you a bundle of cooking conveniences. Complete descriptions and specifications.

16. NEW '76 CUTLERY CATALOGUE from Gerber Legendary Blades is packed with the most up-to-date designs from the master knife makers. Whether it is a miming blade, a kitchen knife, or a carving set, Gerber's got something for every kitchen.

17. ". . . RECIPES EXPRESSING FIVE CENTURIES OF GOOD TASTE" are listed in this original booklet from Four Roses Distillers Company. Recipes for food, drink, and desserts are given—Tuaca Italian Demi-Sec Liqueur is the individual flavor in each.

18. ENJOY OLIVES IN MANY DIFFERENT WAYS . . . Lindsay International's special 95-page paperback gives 151 easy-to-prepare international recipes for world-famous dishes made with Lindsay Ripe Olives. You'll learn to make Veal Veronica from France, Spanish Crêpes, Mexican Hat Salad, Olive Rice Pilaf, and many other tantalizing taste treats. 25c

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19. CRUISE THE MISSISSIPPI and Ohio Rivers on the Delta Queen, last of the overnight paddlewheel steamboats. The romance and historical flavor of riverboat life is appealingly outlined in the brochure "Voyages to America" from the Delta Queen Steamboat Co.

20. "RELAX AMERICA . . . EASE YOUR TENSIONS" is an informative 32-page booklet from The Englander Company, makers of Tension Ease sleep sets. Booklet points out ways to recogonize your tension and let it go by learning to relax. The natural consequence of relaxation—healthful, vitalizing sleep! $1

21. PORCELAIN ENCHANTMENTS are shown in this elegant brochure from Cybis. Sculpture collections represented are "Animal Kingdom," "Caprice," "Children of the World," "Porcelain Gardens," and "Portraits in Porcelain." A price list of Cybis designs and publications included. 50c

22. RADIOS, TAPE RECORDERS, COMPACTS, AND CAR STEREOS are shown in this 32-page, full-color catalogue from Hitachi. Engineering features are outlined and individual models illustrated. Factual descriptions and specifications accompany each style number.

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Finding the things you need for year-round gardening

One gardener's catalogue list, fringed tulips, landscape service, bottle brush shrub, gifts from the garden, Bicentennial bulbs

Where to find the things you need

Everything H. Peter Loewer (page 114) says about gardening, indoors or out, is based on his own direct experience. To assist his eager mind and clever hands, Mr. Loewer counts on suppliers of high-quality seeds, bulbs, plants, and equipment for keeping his garden up to snuff. For the clamp-on Reef Flower Pot Stake Holder shown on page 114, he sends to the manufacturer, Northville Botanical Products Division, Reef Manufacturing Company, 7 Mile Rd., P.O. Box B, Northville, Mich. 48167. Since the stake holders come in a variety of sizes, it would be wise to write for a complete price list before ordering. For pots, trellises, odds and ends of equipment, Mr. Loewer goes to Mellinger's, Inc., 2310 West South Range Rd., North Lima, Ohio 44452. His native wild plants come from Gardens of the Blue Ridge, Ashford, McDowell County, N.C. 2860 Trowels, baskets, and other dow to-earth items, including book come from Walter F. Nicke, Bo 677G, Hudson, N.Y. 12534. Ar for seeds, bulbs, and plants, co mon or rare. Mr. Loewer sends George W. Park Seed Co., Inc P.O. Box 31, Greenwood, S.C 29647. Marvelous to relate, all these mail-order firms follow th old-time practice of sending the catalogues, free, to anyone wh asks for them.

MALAK CINEMA



The tulip with the fringe on top

It's time to plan for spring-flowering bulbs. The o nary run of tulips and daffodils is marvelous enou of course, but most of us like something a bit dif ent once in a while. For the spring of 1976 the so thing different might well be one of the new fring tulips. An offshoot of the much-loved cottage tuli these have petals that are actually fringed, rat than ruffled and cut, as in the familiar parrot tuli A generous handful of varieties is available for pla ing in the fall of 1975, listed separately in most ca logues. One of the best is Burgundy Lace, *left*, wh has a glowing wine-red color, stands about 20 inc high, and flowers at the same time as plain-peta cottage varieties. A good source of supply is De Ja Bulbs, South Hamilton, Mass. 01982. The De Ja catalogue is priced at $1 for newcomers, will be s free to steady customers.

Tulip Burgundy Lace belongs to a new class of fringed varieties

Mail-order landscape design

Most homeowners would like to have professionally designed landscaping. Often, however they are discouraged by not knowing quite how to find a suitable landscape architect or by living so far from population centers that a professional's traveling expenses could add up to staggering amounts. So a mail-order landscape service would seem to be the answer, except that there hasn't been any such thing. Most professionals have felt that the mail-order business was not worth bothering with, or have simply not known how to go about doing the job. Now, The City Gardener, in New York City, has set up just that kind of service, and has a stable of trained people to fill their clients' needs. Initial recommendations, prepared to fit th basic needs of clients' property, are made for the fe of $25. Detailed plants, based on building measur ments and property boundaries, cost from $200 u depending on the size of the area and amount of deta required in the design. As might be inferred from i name, The City Gardener has a special expertise i rooftop, terrace, and backyard gardens but is prepare to deal with properties of any size. The City Gardene is at 121 E. 17th Street, New York, N.Y. 10003. A an offbeat but truly practical Christmas gift, a pack aged landscape plan from these professionals might b just the thing for newlyweds or new homeowner



wer clusters like fuzzy white tlebrushes stud the branches othergilla in spring.

Dr. Fothergill's Bottlebrush

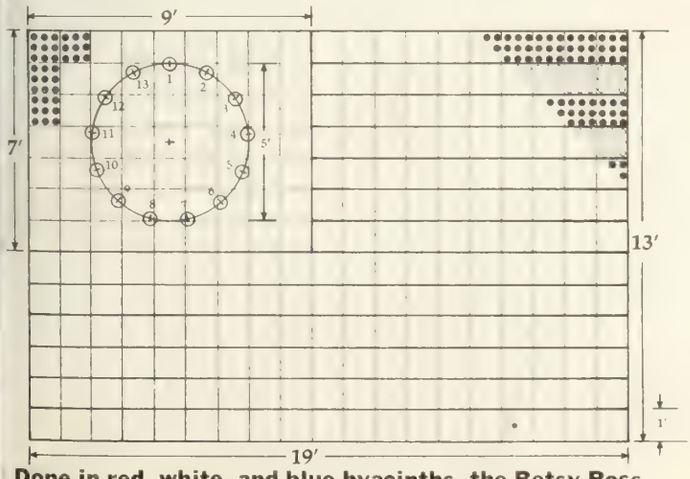
Named for Dr. John Fothergill, one of the notables who shared the scientific limelight with Benjamin Franklin in the 18th century, *Fothergilla* is one of the most distinctive shrubs that are native to North America. There are three species, of which *F. monticola, left,* has the most to commend it. The flower clusters are like 2-inch-high white bottle brushes, covering the branches in May. Native to the Carolinas, fothergilla is hardy as far north as Boston, Mass. It is not fussy about soil, grows to be as much as 10 or 12 feet high, and has an open branching habit with leaves that color brightly in fall of the year. Like many worthwhile native plants, fothergilla is generally ignored by nurserymen, so you'll have to place a special order to get it, but it's worth the effort.

ndelion wine d other goodies

wise gardener is one who has ned to live with wildlings. Not the weeds are allowed to take —they are simply kept in their e. This may be on the compost , chopped up as a mulch be- en garden rows, or, as in the of dandelions, turned into ething quite different and un- ected, like wine. Two imagina- gardeners, Joan Scobey and ma Myers, have made up a list of uses for plants and plant products of all kinds, cultivated and weedy, under the title *Gifts from Your Garden* (Bobbs-Merrill, $8.95). This handsomely illustrated book tells how to prepare, package, and present a great variety of plant products, from dried flowers to catnip pads and the aforementioned dandelion wine. With today's emphasis on homecrafts, and Christmas just around the corner, this is as timely a book as could be wished for at the end of an outdoor growing season.

Bulbs for the Bicentennial

it too splashy for your front yard, perhaps, but an American flag in red, te, and blue hyacinths would seem appropriate for the Bicentennial ing of 1976. This could be a worthwhile project for a garden club, to be nted in some highly visible public area. The Betsy Ross flag in the dia- m will give a much better effect with its 13 stars than the somewhat ttered 50 stars of today's flag. This design, and others on the Bicenten- theme, are included in a folder put out by the Dutch Bulb Growers ociation. It may be consulted at the shop of your local bulb dealer, who also be prepared to give helpful advice about bulbs for local conditions.



Done in red, white, and blue hyacinths, the Betsy Ross flag will make a flowery opener for the Bicentennial.

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continued from page 12

Linda J. Artel and Kathleen Weaver and published by the San Francisco Community Press, the just published second edition is $8 postpaid to individuals, $10 to organizations, from Reel Research, P.O. Box 6037, Albany, Cal. 94706.

For information on 8mm. as well, the guide that's considered definitive is *Feature Films on 8mm. and 16mm.*, edited by James L. Limbacher (R. R. Bowker, about $17 postpaid). It doesn't give rental prices but does give, among other facts, the distributor of each film whom you can write for further information. A large library might have a copy in the reference section.

The excellent *Guidebook to Film* by Ronald Gottesman and Harry M. Guduld (Holt, Rinehart & Winston, $3.95) lists not only distributors but reviews a number of their catalogues, lists where to rent equipment and buy supplies across the country, film schools, museums, archives, bookstores, publishers, services, festivals, awards, articles, dissertations on film, and so forth.

Some 16mm. movie rental catalogues to send for—Please note: When more than one branch is listed, write to the one nearest you. In addition to the rental fee you usually pay insured special delivery postage both ways, sometimes a small fee for damage insurance.

Argosy Film Service rents films such as *Cat Ballou*, *The April Fools* ($55 each), *Cool Hand Luke*, *Rachel, Rachel* ($50 each), as well as comedy and sports films, cartoons, even some gardening films with time-lapse color photography. It also rents 16mm. projectors for $10 a day. 1939 Central St., Evanston, Ill. 60201. Free catalogue.

Association-Sterling Films rents full-length features (about $35-$65 each) plus short art, music, educational, and sports documentaries (about $6.50-$27.50 each). And Sierra Club films each for $5 handling plus a contribution to the Sierra Club. 866 Third Ave., New York, N.Y. 10022, with branches in Atlanta, Ga., Dallas, Tex., Dublin, Cal., La Grange, Ill., Littleton, Mass., Minneapolis, Minn., Oakmont, Pa., Portland, Ore., Ridgefield, N.J., and Sun Valley, Cal. Free catalogues.

Audio Brandon Films, Inc. has two colossal catalogues, general and international, of 16mm. film rentals. The international 1976-77 catalogue has an especially large selection of foreign film and silents. 34 MacQuesten Parkway, South, Mount Vernon, N.Y. 10550, with branches in Brookfield, Ill., Dallas, Tex., Los Angeles and Oakland, Cal. These catalogues plus supplements, separate Walt Disney and "Transylvanian" horror film catalogues, are all free.

Budget Films, Inc. rents everything in 16mm. from a five-minute Mary Pickford short ($3) to *The Yellow Submarine* ($125). Most major American stars appear several times, and there are some interesting documentaries, plus silents, musicals, westerns, vintage and current cartoons. 4590 Santa Monica Blvd., Los Angeles, Cal. 90029. Free catalogue and supplement.

Canyon Cinema, Inc. is a filmmakers' cooperative "open to any filmmaker with a film of any kind," and the catalogue is a mixed bag. Most films are 16mm., shorter than 20 minutes, less than $20 per showing. Some films are also available for sale. Catalogue is $2, "Canyon Cinemanews" bimonthly newsletter and supplement is $3 a year. Room 220, Industrial Center Bldg., Sausalito, Cal. 94965.

Cinema Concepts, Inc. sells features and shorts from the twenties on. *The Blue Angel* with subtitles, for example, sells for $190. Most of its 1,000-plus titles are for standard or Super 8mm. films, some are 16mm. Super-8-with-sound features run about $15-30, without sound about half that. Silents—Chaplin, Keaton, Lloyd, The Keystone Cops—and comedies from Abbott and Costello, The Little Rascals, to Bob Hope and Mae West. Plus science fiction, horror, sports, circus films, and cartoons. Dept. HG, 91 Main St., Chester, Conn. 06412. Free catalogue.

Contemporary/McGraw-Hill Films has a small rental selection, but it includes good foreign films, documentaries, and silents as well as American features. For example, *Ivan the Terrible* is $70 for both parts, *Bonnie and Clyde* is $75. Princeton Rd., Hightstown, N.J. 08520, with branches in Evanston, Ill., and San Francisco, Cal. Free catalogue.

Creative Film Society, "dedicated to . . . film as an art form," rents mostly short 16mm. films with inventive, experimental leanings, has some old features plus some silents, W. C. Fields, Abbott and Costello, Betty Boop cartoons. Some films are also for sale. Catalogue is $1 from the Society at 7237 Canby Ave., Reseda, Cal. 91335.

Dance Films Association, Inc. has an extensive catalogue of dance films—on classic, modern, and foreign dance—in all rental and sale price ranges. The catalogue is $6.50 postpaid for nonmembers of the Association, $5.50 postpaid for members. (Outside U.S. add $2 for additional postage.) Membership in Dance Films Association—concurrent with membership in Dance Society—includes ten meetings with guest speakers and films a year, is $15 a year or, for a student, $10 a year. Room 2201, 250 W. 57th St., New York, N.Y. 10019.

Films Incorporated has over 3000 16mm. films in its general rental catalogue, with big box-office hits and really recent films, among them *Chinatown*, *The Great Gatsby*, *The Godfather*. High-demand films aren't priced in the catalogue—you must write separately. Most films, however, are priced. For example, *Cries and Whispers* and *2001: A Space Odyssey* are $350 each, *Play It Again, Sam*, *Butch Cassidy and The Sundance Kid*, and *Harry and Tonto*, $250 each. 440 Park Ave. South, New York, N.Y. 10016, with other branches in Atlanta, Ga., Hollywood, Cal., and Wilmette, Ill. General catalogue $2, other specialized catalogues available.

Kit Parker Films has a 16mm. rental catalogue that's medium in size but strong in early cinema, back to a short silent made in 1895 by the Lumière brothers ($5)! Chaplin, Keaton, Lloyd, plus longer classics such as *The Blue Angel* ($25), *Grand Illusion*, and *Rules of the Game* ($35 each), documentaries, and humor. P.O. Box 227, Carmel Valley, Cal. 93924. Catalogue and supplements are free.

Pyramid Films rents and sells short 16mm. features, documentaries, and educational films that look absolutely four-star and very today. Free catalogue includes films on psychology, sports, travel, plus animated, kinetic-art, and "cine-poetic" films. Box 1048, Santa Monica, Cal. 90406.

Sportlite Films rents and sells 16mm. films on memorable championships—the Super Bowl, NBA, World Series, Davis Cup, Indianapolis 500. Plus sports newsreels, travel, and instructional films. Most 16mm. films (catalogue $1) rent for $25-$100. Sportlite also sells Super 8 films (catalogues 90c) with sound or silent with subtitles. 20 North Wacker Dr., Chicago, Ill. 60606.

Swank Motion Pictures, Inc. has a very large popular selection [of] 16mm. rental features, includi[ng] *The Way We Were* and *Americ[an] Graffiti* ($175 each), *Godsp[ell]* ($125), *Elvira Madigan*, *Oliv[er]*, and *Lawrence of Arabia* ($1[50] each), plus old favorites like *C[asa]blanca* ($60) and *Georgy* ([Girl]) ($37.50). And silents, thirties a[nd] forties classics, foreign, Walt Di[s]ney films. 201 South Jeffers[on] Ave., St. Louis, Mo. 63166, wi[th] branches in Braintree, Mass.; G[len] Ellyn, Ill.; Hempstead, N.Y.; Houston, Tex. Free catalogue.

United Films has an incredib[le] variety of 16mm. films for ren[t]—*The Graduate* and *Bonnie and Clyde*, for example, are $75 eac[h]. Plus Chaplin, Keaton, Laurel & Hardy shorts (from $5 or $7.[50] each), children's cinema-plays such as *The Adventures of Tom Sawyer* ($30), *Alice's Adventures in Wonderland* ($52.50), c[ar]toons. Many mystery, horror, s[ci]ence fiction films. 1425 South Main, Tulsa, Okla. 74119. Fr[ee] catalogue.

Westcoast Films rents featu[res] such as *The Graduate* ($65), *Au[to]biography of Miss Jane Pittman* ($65), and the animated *A Bo[y] Named Charlie Brown* ($50). A[lso] silents and early comedy shor[ts], adventure, western, horror film[s], and cartoons. 25 Lusk St., San Francisco, Cal. 94107.

Willoughby/Peerless camera stor[es] rent 16mm. films and sell standard and Super 8mm. films at two [of] their New York City stores (45[0] Lexington Ave. and 110 W. 32[nd] St.). Its 16mm. list includes fe[a]tures, silents, slapstick, cartoon[s], action and how-to sports film[s]. 16mm. sound projector available for rent for $25 per day (or week-end) or $62.50 per week. Fr[ee] catalogues.

Other sources for 16mm. film, primarily non-feature.

Time-Life Films, Inc. has fascinating 16mm. films for rental and sa[le] in its "Educational Resource" catalogue, including famous television series such as *The Ascent of Man* with Dr. Jacob Bronowski, *Amer[i]ca* with Alistair Cooke, and *Civ[i]lization* with Kenneth Clark. Each of these three series is in color in 16mm. film or video and is available for rent on 16mm. as 13 5-minute programs ($100 each or $1000 for all 13 programs) or 26 26-minute programs ($50 each or $1000 for all 26 programs). It also rents and sells innovative 16mm. films and video on business. (16mm. film rental of *Up the Organization*, for example, is $3[00]

s general catalogue of video pro-
ams for sale includes live sports,
usic performances, interviews
ith noted scholars, and the like.
or further information write the
ultimedia Division, Time-Life
ilms, Inc., Time & Life Building,
ew York, N.Y. 10020. For cat-
ogues please include $1 to cover
ostage and handling.

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ource of non-feature films must
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r, from which you can rent and
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es (most are 16mm. films for
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assette tapes with accompanying
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ogue is free, as are the many spe-
alized brochures on media for
ie Bicentennial, environmental
lms, NASA documentaries, and
ie like. For further information
rite The National Audiovisual
enter (GSA), Washington, D.C.
0409.

Check your nearby **city, county, nd university libraries** to see if
ny has a film loan library. Most
oan only to adult card holders
ome only to institutional card
olders), and generally their col-
ections are of documentary and
ducational films. However, the
est part of public film libraries is
heir rentals are free or very nom-
al (as little as 50¢ a film). Some
harge for their film-loan cat-
logues, but a reference copy is
sually available at the branch.
ecause they're so inexpensive, it's
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hia, Pa.; Rochester, N.Y.
Midwest/Chicago, Ill.; Cincinnati,
Ohio, Detroit Mich.; Evanston,
ll.; Kansas City, Mo.; Minneapo-
s, Minn.
South/Atlanta, Ga.; Baltimore,
Md.; Miami, Fla.; Orlando, Fla.
West/Dallas, Tex.; Hawthorne,
Cal.; Los Angeles, Cal.; Seattle,
Wash. ■

Weekend excursions

continued from page 79

months at the time—is all documented here in one room or another. And it's anything but a musty experience to see every last case and painting. There's an entire whale's skeleton, a step-by-step description of catching a whale, done with a simple text and photographs and drawings. I particularly loved a room hung with figureheads—a very special New England art—and learned once again how to tell a bark from a schooner or a brig by the rigging and the number of masts. There are also several 18th-century room set-ups showing New Bedford family life, which seemed to center around large fireplaces in rooms with low-beamed ceilings. There are fantastic postcards to buy and send. Near the museum are antique shops dealing in scrimshaw, some of it modern, so ask, and nautical antiques. Looking around and under and behind in low-overhead shops such as these often yields a find. Lupo's, a tavern within walking distance of the museum, caters to local people and $1.75 buys chowder, a fish dish, vegetable, and dessert. Down on the Wharf, another restaurant, Louie's, hosts many visitors.

Ask at Louie's how to get to the ferry that runs over to Martha's Vineyard and back every day. For most people, though, the Vineyard along with Cape Cod and Nantucket make an adventure of their own and I longingly reserved it for another time. ■

Malibu museum

continued from page 50

looking one of California's most famous stretches of beach. Open since 1974, it is a reconstruction of a villa near Pompeii, which was buried by Mount Vesuvius in 79 A.D. It was this summer, however, that this large, cool, leisurely villa so appropriate to the almost Italian climate of southern California began to look as though it had always been there. The gardens surrounding the villa have grown up enough to resemble their early counterparts. Olive, peach, pear, and pomegranate trees provide shade and the scent of blossoms and fruit. Various herbs, artichokes, asparagus, asters, and zinnias provide the same mix of food and pleasure that they must have in the first century. Though there are some special shows at the museum, it is the permanent collections—Greek and Roman sculpture that spans the period several centuries before and after Christ, Italian Renaissance and Dutch baroque painting, and marvelous 18th-century French furniture—that draws people. To go, call (213) 454-6541 for reservations, since there is limited parking, or write the J. Paul Getty Museum, 17985 Pacific Coast Highway, Malibu, Cal. 90265. ■



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- ***R. L. Pelson won 42 prizes in 18 months, including 3 TV's, kitchen appliances, cameras, a tape recorder, a bicycle, and many more.
- ***Rose Ann Sutton won $1,000,000 (that's right — a million dollars) in a state lottery. Mrs. Sutton is a grandmother.
- ***Doug Berstler, a 36-year-old real estate man won the New Jersey state lottery nine time in two years — his total of prizes was $220,000.
- ***Benjamin Kruger won $10,000 in the Philip Morris Tobacco Sweepstakes.
- ***John Douglas won $20,000 in the Pennsylvania lottery.

In fact, thirty people who have won a million dollars each have started an exclusive club — the Millionaires Club — to discuss the problems of winning all that money. (Don't you wish that you had such problems?)

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I found the answers! Some by trial and error. Some by reading stories in the newspapers and magazines about the biggest winners. Some by writing letters to the companies that judge winners in Sweepstakes and Lotteries.

I went to the local library and dug out everything I could find. I bought every book I could find on gambling and games of chance. I even wrote to every state to find out about their lotteries.

I spent a lot of money to get the answers, let me assure you. Much more money than I had planned.

And now I've written down everything I've learned — all the tips, guidance and advice — the systems and methods of the experts and the big winners. I've had a local printer here in Tulsa do up copies of the book — nothing fancy — just the facts and materials you need to become a Prizewinner! I call the brand new book: "How YOU Can Win Sweepstakes and Lotteries!"

Now, let me tell you some of the things you'll find in this book. Here's what the Sweepstakes Section tells you: How to Make Sweepstakes Profitable — Do's and Don'ts About Sweepstakes — How to Put the Law of Averages to Work for You — How to Read and Follow the Rules — Shortcuts to Save You Time and Effort — Secrets for Success from Sweepstakes Winners — How to Keep Up on All New Sweepstakes and Lotteries — How YOU Can Become a Big Winner!



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Most important of all, I've put everything in my book in simple, everyday language. Since I'm not much of a writer myself, I've hired a terrific editor to do the job for me. It came out just about perfect.

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SUSAN WOOD, DAVID MASSEY

ON THE COVER: If ever there was a symbol of hospitality, it's the big kitchen table, here updated in a gleaming white-and-gray-tiled kitchen. The great work island contains a sink for washing vegetables, power sockets for blender and mixers, and acres of work surface that doubles as eating space. Kitchen chairs are ersatz tractor seats in turquoise blue. Apart from open shelves above and below the cooking area, there is no storage in the kitchen. Instead, there's an adjacent 6-foot larder where, according to designer John Stephanidis, "everything from tinned foods to dinner plates can be located with a sweeping glance."

Blooming much too enthusiastically to ever fool a bee, the needlepoint flower pillows available at Bergdorf Goodman (for a better look, see page 116) were designed by Lou Gartner, who has plenty more ideas where these came from. Lots of them have been gathered in his second book, *More Needlepoint Designs*, just published by Morrow. A House & Garden book, $16.95.

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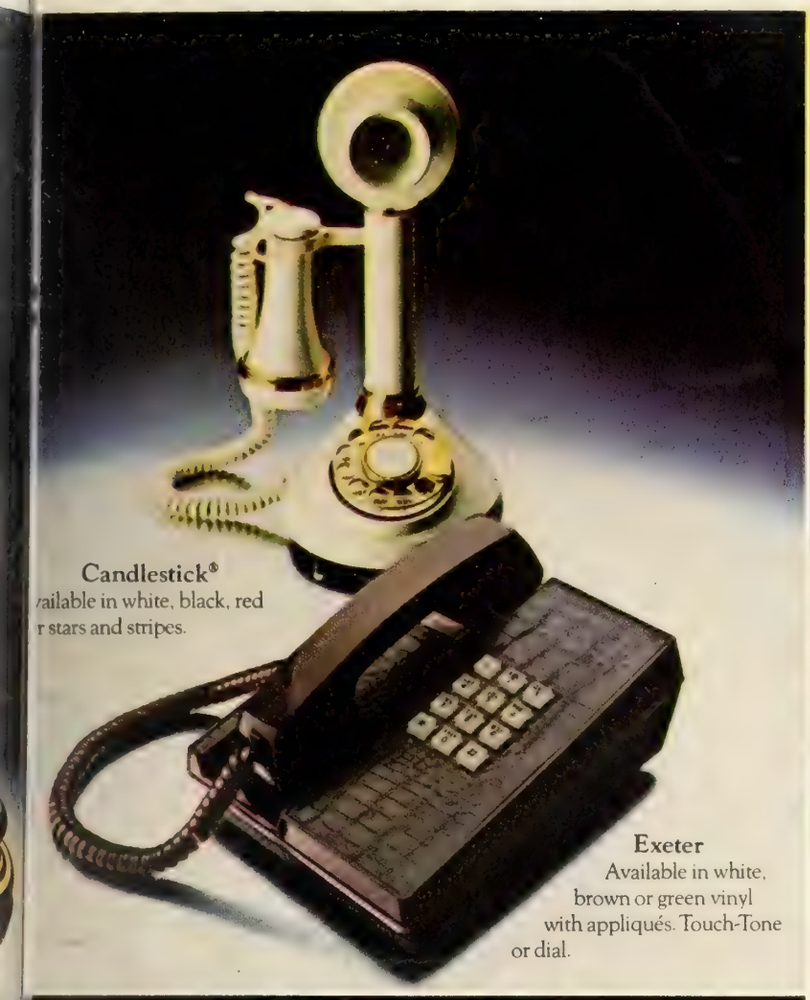
Chestphone†
Available in walnut or black vinyl. Touch-Tone** or dial.

Accent
Available in various colors and appliqués Touch-Tone or dial.



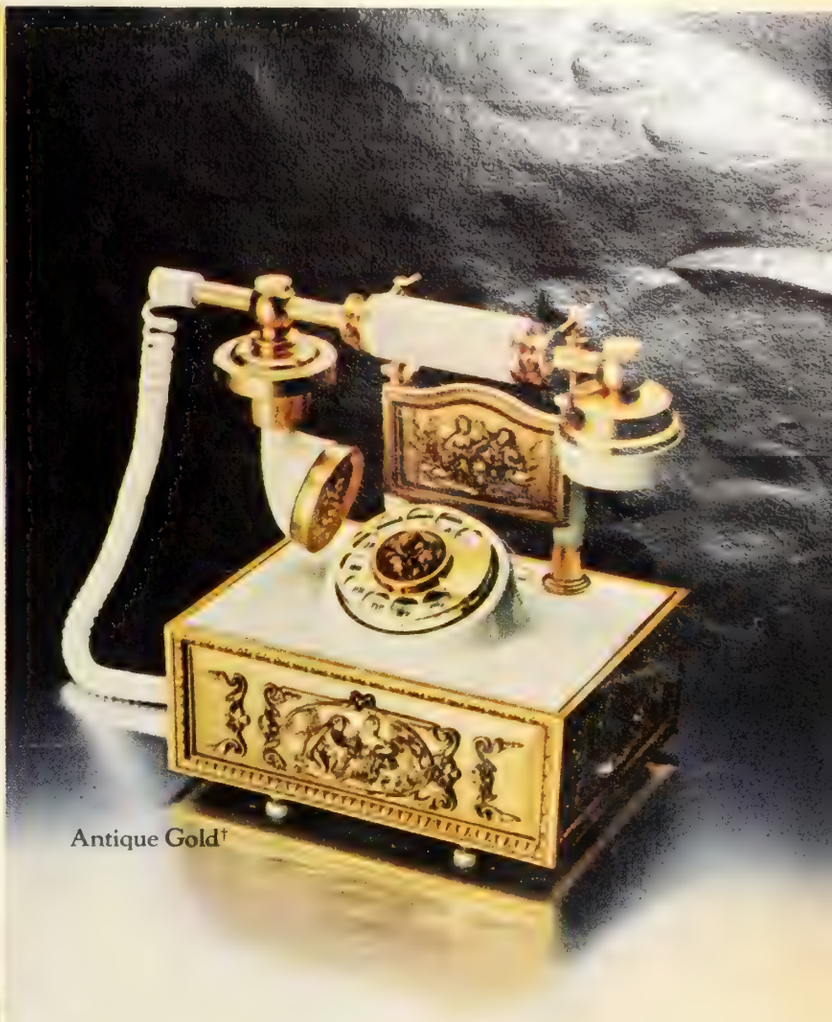
Commemorative Elite
Available without Bicentennial medallions. Touch-Tone only. Other Elite models in green or brown vinyl. Touch-Tone or dial.

make people talk.



Candlestick®
vailable in white, black, red
r stars and stripes.

Exeter
Available in white, brown or green vinyl with appliqués. Touch-Tone or dial.



Antique Gold†



Early American†
Also in Mediterranean style.

Coquette††

Design Line* phones from the Bell System make beautiful gifts.

For holidays. For weddings. For anniversaries. For graduations. For birthdays. Or for no reason at all.

(The Design Line phone housing is owned by the person you give it to. The working parts belong to us and if there's ever a problem with them, we'll fix it.)

In most areas, prices start as low as $59.95.

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Design Line phones from the Bell System

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*Registered mark of American Telephone and Telegraph Company
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††Trademark of USTEL
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Cassette video-tv that's ready now

plus new indoor-outdoor furniture, photos as big as you want, a new country market in a city park

A busy, bustling marketplace within a park

A year-round, open-air Farmer's Market that also accommodates bazaars, neighborhood festivals, and recreational activities has been completed as one phase of The Linear Park in Gary, Ind. Designed by Whitley Whitley it has flexible stalls, kiosks, movable roof, and lights arranged around a large, spacious acre-plus plaza.





Tape your favorite TV program

Half-inch magnetic tape cassettes with playing time up to 1 hour hook into the new "Betamax" video-TV system. Two tuners in the system allow you to record TV programs for viewing at your own convenience . . . watch one, record another simultaneously. Built-in digital timer turns on automatically to record programs you might otherwise miss. Watch it on a 19-inch color Trinitron screen. $2295. With the black and white video camera you can tape your own films to watch on the Betamax system. $375. By Sony.

Art copying art

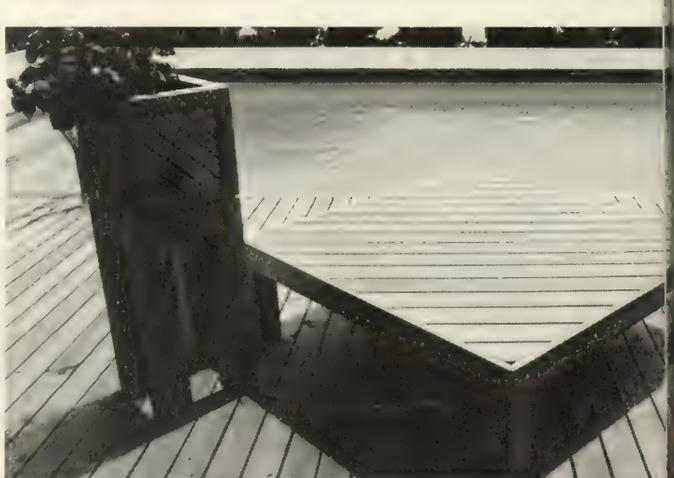
At right is a photograph of a drawing by Leonardo da Vinci of a young woman. Imagine the photo mural sized. Artography will make such photographs of artistic works to your specifications. It will also research any specific work in a given period or geographic area. In black and white or sepia, from 8 by 10 inches to negotiable, in clear or smoked acrylic frames. Artography.



Slide-proof tray



Great new way to carry or store cocktail glasses—the "One Way Tray" uses gravity and a built-in track that the bases of these oversized 11-ounce glasses fit right into. No sliding when serving on a boat, plane, anyplace you're a bit wobbly. For upside-down storage under overhead cabinets, drill a couple of holes for screws. $25 includes eight glasses. To order from Baekgaard, The Book of Gifts.



Furniture lives a new outdoor life

Outdoor furniture that weathers naturally—it's part of a new collectio furniture you decide where to use when you choose the finish. Dekorum Collection is made of clear white pine cut into standard-s boards for tables, chests, mirrors, planters—for indoors choose any c stain. For outdoors a special sealer is included in the stain that al the wood to gently, gradually weather and bleach. *Above:* A 42-inch-sq cocktail table and 35-inch-high planter both finished to live outdo Through designers and architects only at Bates & Booher, New Y



MODEL 6966

Only Magnavox lets you enjoy the most beautiful music ever to come out of a stereo console.

Rich, full sound from true high-fidelity components...the finest components ever engineered into a stereo console (Model 6966). Try out these features on any hi-fi expert:

- Solid-state stereo FM/AM tuner, with MOSFET front end to pull in distant stations, ceramic filters to keep them clearly apart.
- Direct-coupled amplifier, to bring any musical selection to life.
- Automatic turntable, with a 4-pole synchronous motor to spin your records smoothly and steadily at their proper speeds.
- Two 3-way air-suspension speaker systems that accurately reproduce all the music the human ear can hear.

Although not every Magnavox boasts these identical components, the same devotion to excellence they represent is yours to enjoy in every Magnavox stereo console.

Superb styling to fit any lifestyle. Even when your Magnavox stereo isn't playing beautiful music, it's still saying beautiful things about you—with cabinetry that expresses your good taste in elegant Spanish, French or Italian. Or in eloquent Contemporary accents.

No wonder people who love music and fine design have made Magnavox the world's leading stereo console. See—and hear—for yourself, at your Magnavox dealer. For his name, call 800-243-6100, toll-free. (In Conn.: 1-800-882-6500.)

ODEL 6846 COMPONENTS FROM 6966 MODEL 6560



Electric car—new quiet way to get around

nonpolluting, easy to maintain, ready to buy now

By Sandra Odd

Electric cars to plug in the future today →



■ BATTERIES ON A TRAY **Most electrics carry their batter in units that can be removed easil for service or replacement or q change with a ful charged set. The belong to the Co Development Association prot**



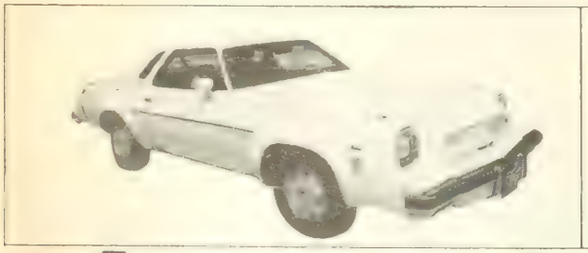
The present is a jaunty wedge, the future perhaps more sleek. Above is Sebring-Vanguard CitiCar, most p lar existing electric. Left is prototype signed by racing engineer Robert S. Mc

There you are in your new car, driving the children to school. It's a bit of a squeeze, because the car only has two seats, but the children manage. You stop at a stop light, and the driver next to you looks over a little oddly: there's no motor noise. The man riding the bicycle behind you gives a wave: he appreciates the fact that not a single fume is issuing from your exhaust pipe. In fact, you don't have an exhaust pipe. You drop the children off, and decide to pick up groceries on the way home. It's parallel parking. There's room for three of your cars, or one standard car. As you drive off again you pass the gas station and your family car repair shop. You haven't stopped at either of them since you got your car. You probably won't until the car wears out—say, in ten or twelve years. You pull into the garage and check the voltsmeter: You've driven about 25 miles and batteries work best at full charge. So you get out the cord and plug the car into the standard wall socket. Didn't we mention it? The car's electric.

"It's the car of the future for a very substantial portion of commuters," says Congressman Mike McCormack, sponsor of HR8800, a bill that passed the House this fall by a five to one majority and that would provide $160 million over the next five years for research, development, and demonstration of electric vehicles. "I can see millions of electric cars on the streets of our cities. They're quieter, they're easier to maintain, and they produce no pollution. If we assume they'll be used as second cars driving 20 miles per day, and there are 10 million of them, that's a savings of half a billion barrels of oil a day, 3 percent of our consumption, more than the entire production of the Alaska pipeline."

This year, the Electric Vehicle Council estimates that—not counting electric trucks, vans, product-movers, fork-lifts, or golf carts—about 2,500 electric passenger vehicles were produced and sold, and another 700 to 800 people put together their versions in their own garages.

An electric car runs on energy stored in batt recharged regularly from ordinary household tric current. It can be expected to go betwee and 60 miles per hour, depending on the desig the car, its size, its weight, *(Continued on page*



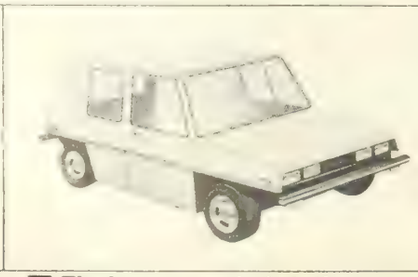
■ **Electric Fuel Propulsion's luxury conversion, Transformer I.**



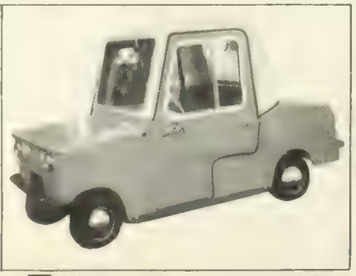
■ **A Volkswagen, electrified with a Corbin-Gentry kit.**



■ **The Elcar, from Italy. Next year, made in USA.**



■ **The Laser, a sort of station wagon scheduled for production.**



■ **Electra King comes with tiller or steering wheel.**

A bag of warming winter tricks

Put a vent under the floor *to feed outside to your fireplace (so it won't rob you of nic warmed room air). Have a hole cut in hearth directly in front of the firebox, a cover it with a grid. From it, lead a duct least 3 by 10 inches) under the floor to opening in the nearest outside wall. Install elbow pointing down outside to keep r from getting in, and cover the duct with screen to keep animals out. When the fi place is not in use, close the grill and cove with a throw rug.*

If you have a freestanding fireplace *or wo stove cut some doughnut rings from alu num grass edging and put them on the pi to radiate more heat into the room.*

Send for Save Energy: Save Money!, *fr from the Office of Economic Opportuni National Center for Community Action, N work Services: Energy, Washington, D. 20009. It details these ideas and others.*



1880: It took 29 people 10 weeks to complete a single plate.

1975: It takes 29 people 10 weeks to complete a single plate.

At Wedgwood, we believe some things are best done the old way. Which is why we're still making china by hand.

The pattern you see here is Columbia Enamelled. Each of the many colors in the highly decorated motif is carefully painted on by a skilled artisan. (The same person who begins a plate sees it through to the end. In this way, each brush-stroke on that plate has the same weight and feeling to it.) Then the trim is brushed on—by hand, of course.

There's a reason for all this beyond tradition, and it is, quite simply, that a pattern such as our Columbia Enamelled cannot be reproduced in any other way. The result of this painstaking care is, we're sure you'll agree, as worth the effort today as it was nearly a century ago.

Columbia Enamelled costs $55 for a 3-piece place-setting. Which might ordinarily seem a bit expensive. But, as you by now can surely see, there's nothing ordinary about it.

Wedgwo

555 MA

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The new excitement in Montreal

plus winter cruises to the Caribbean for cooking or film buffs and to Antarctica for the adventurous

Montreal: a southern city in a northern land

by Sandra Oddo





New Montreal is all shapes of skyscrapers in central city, *above*. At edge of the St. Lawrence River, *left*, is the old city, where Notre-Dame-de-Bonsecours was built in 1772.

It takes time and fortuitous accident and talented people and a lot of history to cause a city to flower from a mere collection of population into something truly cosmopolitan, something with texture, with lights and nightlife, with art and architecture, with restaurants, with an atmosphere of its own that makes it peculiarly itself. There are only a few such cities on the North American continent—and Montreal is one.

Its flavor? A city of paradoxes restlessly at home with one another. A southern city in a northern country. A seaport nearly a thousand miles from the sea. An island that includes a mountain. Explored in 1535, years before the Pilgrims reached Plymouth Rock, settled only a little afterward in 1642—but the Plymouth Rock settlement is gone, and the old Montreal still exists, just down the hill from the glass and steel towers of the new. A city with subways and footpaths. A city where French, Scots, and Englishmen have crowded in on one another without relinquishing any of their original cultures or languages while they've acquired a coating of Canada. A place where two languages are spoken so interchangeably that a mother may say to her three-year-old child *"Q'est-ce que tu veux?* No, you can't have any candy." A foreign city closer to New York than Chicago is, closer to Chicago than New York is.

And how do Montrealers resolve all this? With festivals. The most obvious to the rest of the world was Expo '67, one of the most successful of all the North American world's fairs. A lot of it is still there. Next year, the 1976 World Olympics will be held in Montreal, July 17 to August 1. But it's hard to find Montreal at any time of the year without a celebration of some sort going on, from seasons of symphony to impromptu dances held in parks the size of pocket handkerchiefs.

The animals leave Lafontaine Park's Garden of Wonders in winter, for example—and anybody in Montreal can tell you that you can't just let them go alone. So there is an annual winter festival in Angrignon Park, winter quarters, with snow sculptures, an ice palace, and lit-up trees. In summer, the Botanical Gardens have outdoor gardens to tour by foot or by miniature train. In winter, the conservatories have floral exhibitions, which this year will feature Lebanon, with Lebanese dancers. The Planetarium lights up with "The Star of the Magi." There are a hundred public rinks for skating (155 more for hockey and broomball). There is night life, music, and ballet.

Perhaps it's the long dark winters that make Montrealers so merry, laughing in the face of adversity. But like New Yorkers, and others who inhabit places where the living isn't particularly easy, they are patient and kind to tourists.

What to see: In any new city, I strongly recommend doing the tourist thing right away: Take a bus. It orients you, and it gives you an idea of where you'd like to spend the rest of your time. Montreal has several sightseeing bus companies, some connected with hotels, all easily accessible. Most leave from Dominion Square and you can buy tickets either at the information booth on the square, or at hotel lobbies, or from the bus guide. Basically there are three kinds of tours—around the town (about $5); around the island, the Old Fort, the St. Lawrence Seaway, and the Indian Reservation (about $6); or around the Montreal night spots (about $15).

We chose the town, in a big new bus with swivel seats and round windows, the first-in-operation *(Continued on page 51)*



Restored Youville Stables house offices and a restaurant in the old courtyard.

Offbeat Cruises This Month and Next

It's lure enough for most of us that a big, comfortable cruise ship with big staterooms and sundecks and marvelous food should steam through sunny Caribbean waters stopping at the most famous island resorts. If in addition to this, you'd like to learn the basics of Italian cooking in ten days, take the Costa Line's Federico C., which leaves Port Everglades on November 29. On board, an Italian chef reigns in the kitchen and after dinner shows you how to make what was on the menu that night. At the end of the cruise he sends you home with a cookbook of the recipes you've mastered. Rates start at $520. Call (212) 682-3505.

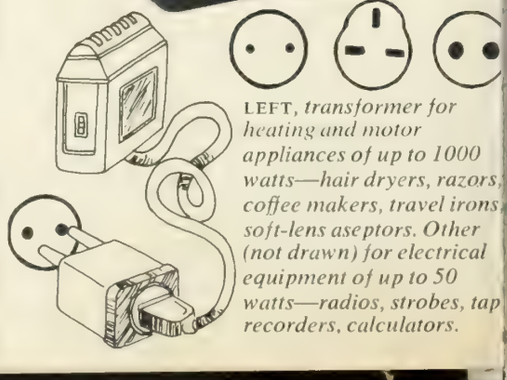
Movies are an afterdinner staple of every ship at sea, but now not only can you see some of the best films ever made but also the actors and actresses who starred June Allyson, Rock Hudson, Peter Lawford, Debbie Reynolds, and Cornel Wilde are all on board as well as some well known critics for Holland America's ten day cruise

Continued on page 146

Electric travelers

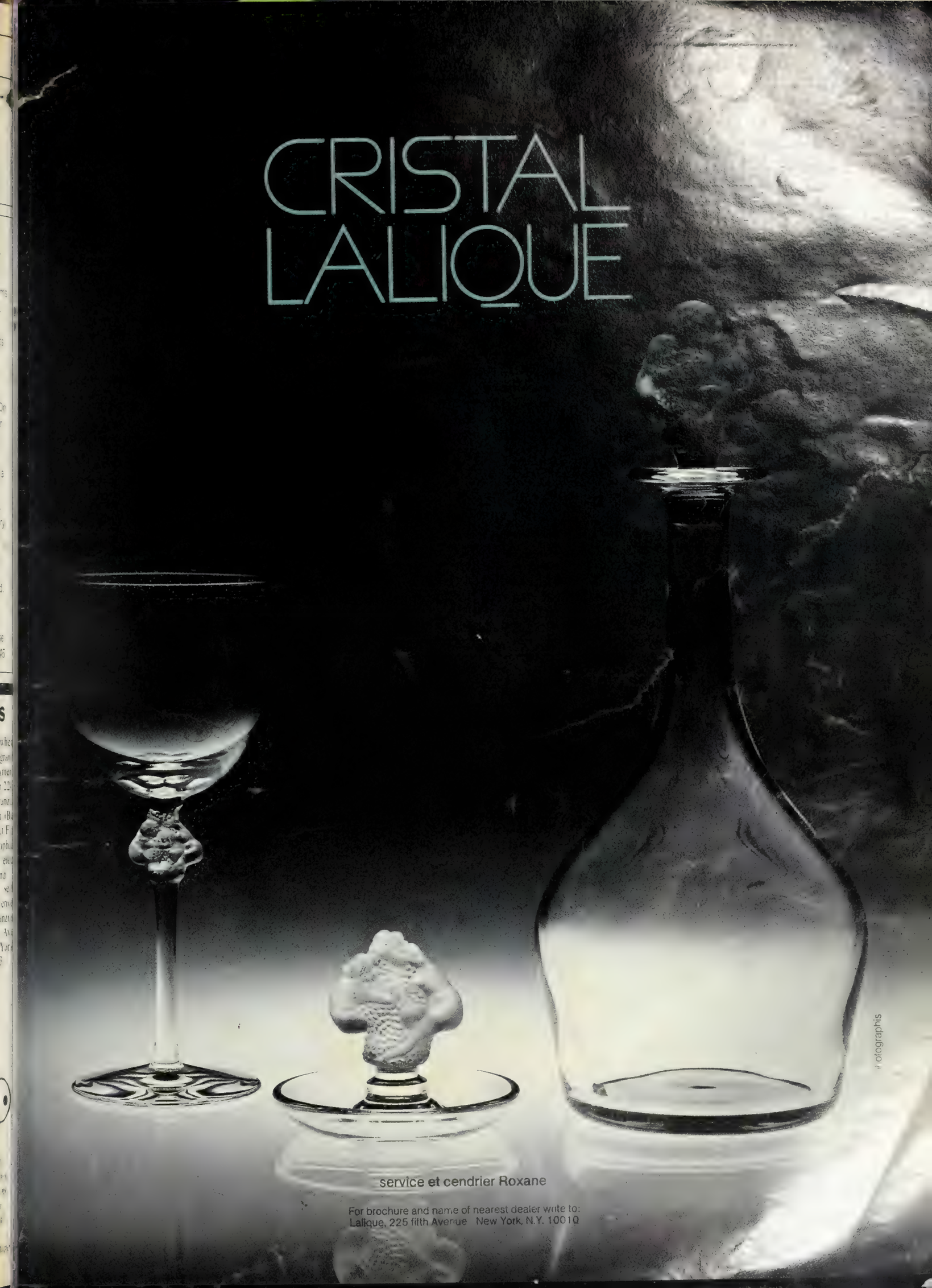
American appliances work virtually anywhe with this converter set. Plugs (prong diagra *below*) convert most foreign outlets to "Ame can." Two transformers step down foreign 22 volt AC to U.S. 110-volt AC. By the Franz Company. $26.95 at Abercrombie & Fitch. (B yond delivery area add postage for 2 lbs.) H free pamph on foreign el tricity send stamped, se addressed env lope to Franz 239 Park A So., New Yo N.Y. 10003.





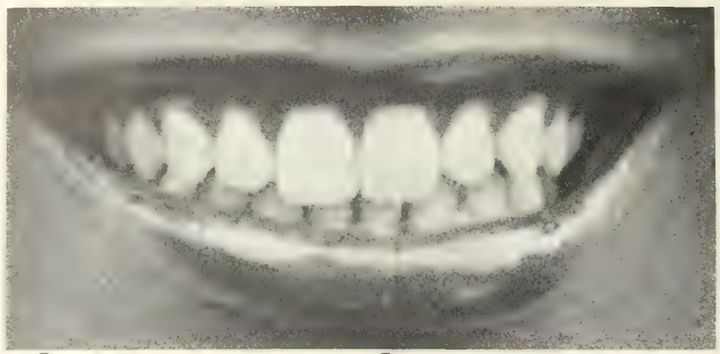
LEFT, *transformer for heating and motor appliances of up to 1000 watts—hair dryers, razors, coffee makers, travel irons, soft-lens aseptors. Other (not drawn) for electrical equipment of up to 50 watts—radios, strobes, tap recorders, calculators.*

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WILL AM CONNERS

The secrets of a radiant smile

Latest discoveries about tooth care with 5 tips for healthy teeth and gums from specialist Dr. Irwin D. Mandel

By Caroline Seebohm

A radiant smile may be the reflection of the inner you, but the wonderful white teeth that go with it are a reflection of nothing else except good, lifelong tooth care. It's the part we see that we care most about—the hopefully white part, made of enamel, the hardest substance of the body. Most people now know that tooth care does not just mean clean white teeth, it also means healthy gums. But do we really *need* them?

"If one supports the theory that teeth grew in an evolutionary fashion in response to need, then it would follow that our teeth would now be growing less important, as our diet changes," says Dr. Irwin D. Mandel, Professor of Dentistry and director of the Division of Preventive Dentistry, Columbia University School of Dental and Oral Surgery. "But the closest one may come to this is the observation that there seem to be more people born with missing wisdom teeth today. The latest figures suggest that up to 17 percent of the population may have missing wisdom teeth. This may be because we don't need them—we do our chewing with our first and second molars.

"In fact wisdom teeth are perhaps nature's gift of a third set of teeth, the first set being our baby teeth, the second set growing at about age six, so that at age twelve we have twenty-eight adult teeth, with four more to fill in the back spaces even later—the wisdom teeth. The reason why we have two sets is because of the growth of the human head—had we been born with a full complement of adult teeth, there would be no room for anything else! Lower forms, such as sharks grow constant sets of successive teeth."

There are two basic threats to the shining white teeth we all admire so—dental decay and pyorrhea (gum disease, also known as gingivitis). Dental decay deals with the destruction of the teeth, pyorrhea with the destruction of the gums. Yet they have one thing in common. Both come about as the result of the action of clumps of bacteria known as plaque. "In the case of dental decay, the plaque that we are interested in is on the inside surface of these clumps of bacteria facing the tooth," explains Dr. Mandel. "In gum disease we are concerned with the outer surface where a variety of toxic substances are formed, which can cause inflammation and break down gum tissue. This plaque also becomes hardened and calcifies to form tartar or calculus, also accelerating gum disease."

The average seventeen-year-old American has 8.7 filled, decayed, or missing teeth, according to the National Institute of Dental Research. Tooth decay afflicts at least 95 percent of Americans, most of them children and young adults. If you are past thirty-five, the teeth you lose will most likely be lost to gum disease. In short, it's time to join the fight against plaque—and if you do succeed, even partially, then there is a great chance that you can save your teeth from further damage and can flash that radiant smile well into old age.

The big question to be asked our preventive dentistry specialist, Dr. Mandel, is:

HOW TO BEAT PLAQUE

1. Identify plaque. "Do this by staining your teeth with one of the disclosing tablets now in drugstores (you can get red or green ones). This is important, because unless you know where it is, you cannot try to remove it by brushing. Chew the tablet or rinse your mouth with it, and you will see stains left on your teeth—this is where the plaque is. Now, when you brush your teeth, you can check to see if you are removing the stains. If there are no stains, you have succeeded!"

2. Brush properly. "The major weapon in plaque removal is still the toothbrush. The revolution, however, has been that the brush is now seen primarily not as a method to make teeth look white but as an efficient plaque remover. Much plaque concentrates around the gum line of the tooth, so brushing, to be effective, must have the bristles along the gum line at an angle. [See the pictures for the correct way to brush.] There are now multitufted, soft nylon bristle brushes with rounded tips, so that when you angle the brush to remove the plaque from along the gum line, you are not damaging the gum tissue. These are the best buy. Choose a handle that you can move around your mouth comfortably—if you have a small mouth, you must use a smaller brush and handle. Even a children's one is often recommended."

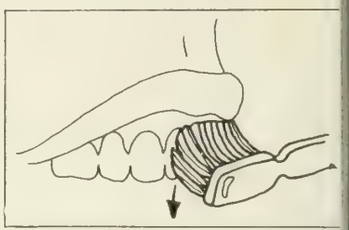
Continued on page 24

How to brush your teeth

1 Apply the toothbrush to the outside tooth surfaces at about a 45-degree angle directed toward the area where teeth and gum meet. Press so as to slide the bristles against the teeth at the gum line. (The tufts of the bristles should divide to "straddle" the gum line.)

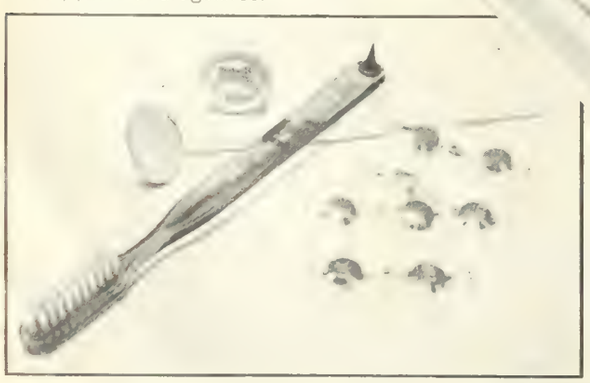
2 In this position, move the brush back and forth with *short* (half-a-tooth wide) strokes several times, using a gentle "scrubbing" motion. Brush the outer surfaces of all your teeth in this method, keeping the bristles angled against the gum line. Use the same method for the inside of the teeth.

3 For the front teeth, brush the inside surfaces of the upper and lower jaws by tilting the brush vertically and making several gentle up-and-down strokes with the front part of the brush as well as side-to-side motions. (These instructions are currently recommended by the American Dental Association to remove plaque.)



Kit to help you get a quick checkup at home

Four pieces of equipment are vital to help you keep your teeth and gums healthy—and now you can buy them in one package and take them home to use: (1) the toothbrush—multitufted rounded nylon bristles for effective brushing and safe gum massage; (2) the dental floss—unwaxed floss to clean between teeth where plaque gathers and the brush can't reach; (3) the dye tablet—coats the plaque red to identify it; and (4) the mouth mirror—to examine your mouth for dye stains in hard to-reach places. Complete home check-up kit by Butler, $2.49 at drugstores.



KEITH TRUMBO



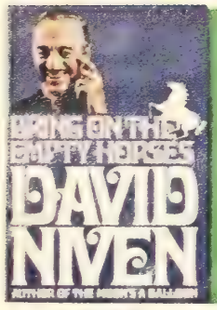
My name is Lisa
I've just used
Nice 'n Easy for
the first time.
My hair looks
and feels silky –
and the color's so
natural I look
like myself –
only better!
I like it a lot.



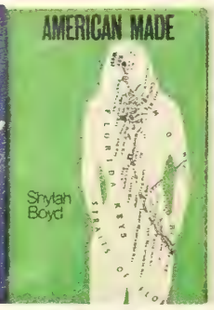
Nice 'n Easy® haircolor
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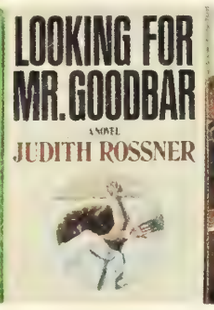
Bring new excitement int



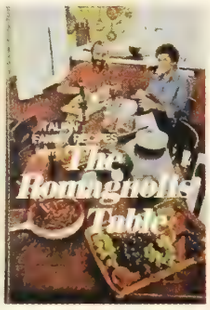
8987 $8.95



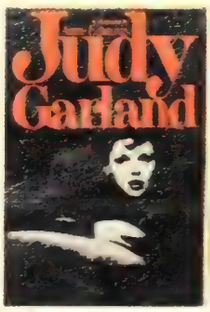
8664 $10.00



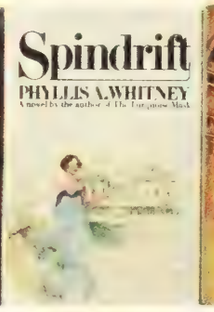
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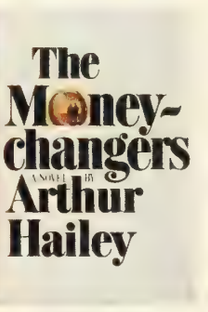
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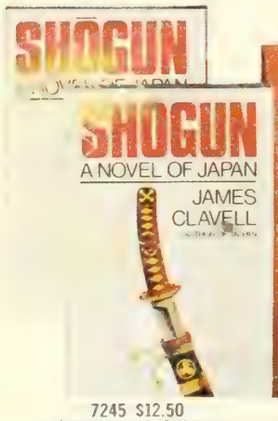
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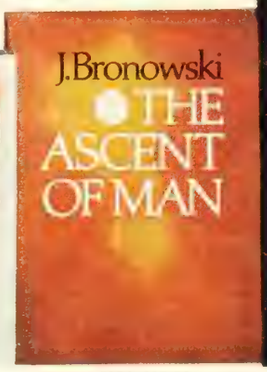
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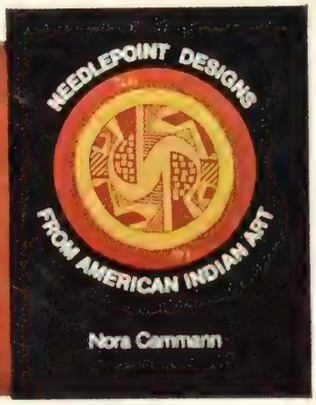
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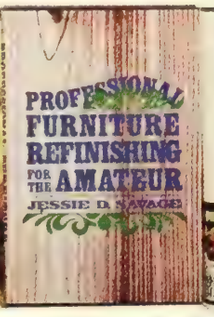
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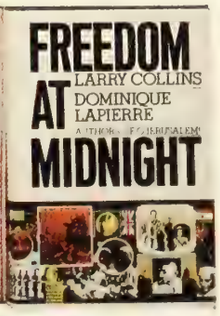
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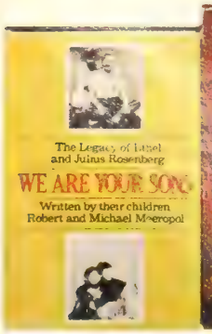
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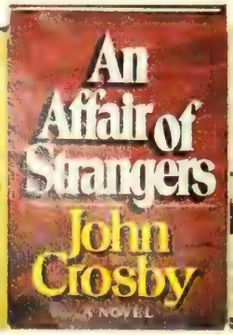
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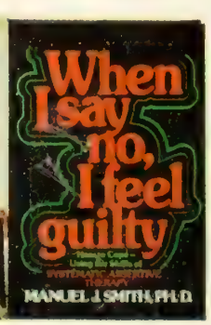
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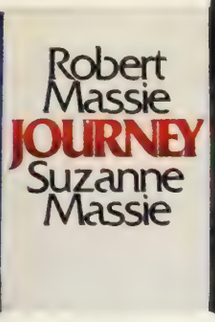
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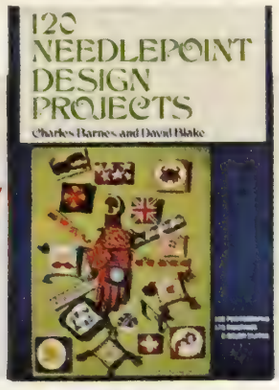
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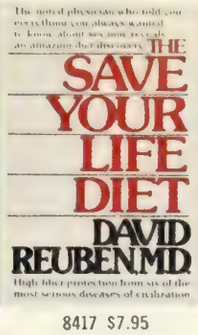
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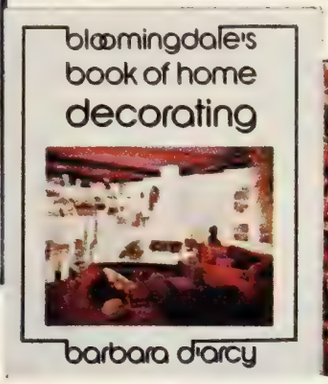
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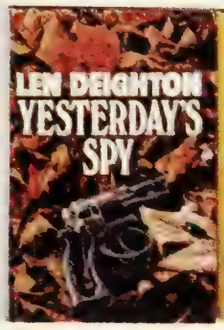
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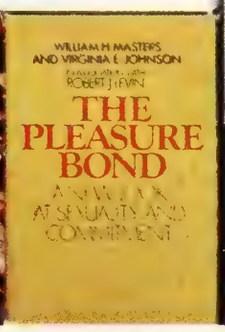
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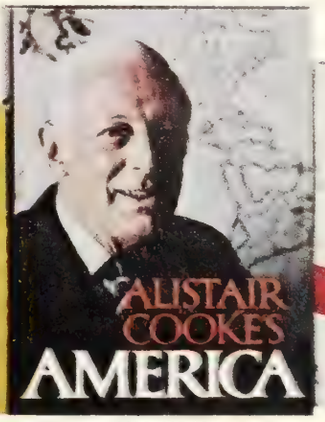
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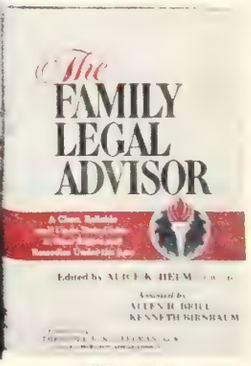
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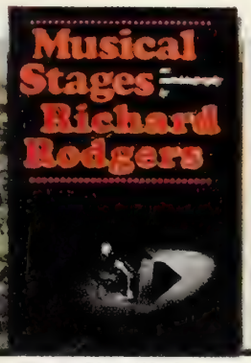


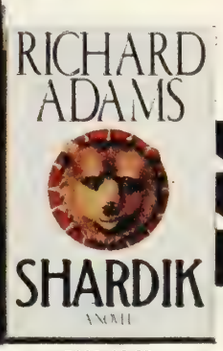
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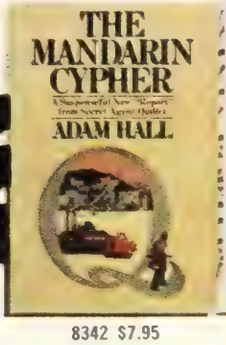
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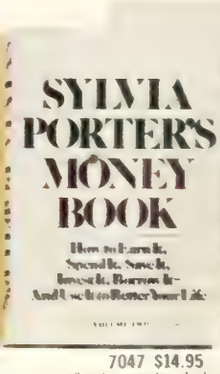
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The Literary Guild

Do You Know the Secret of Looking as Young as You Can?



You may think you do. You watch what you eat. You try to get enough sleep. You've even started exercising and wouldn't dream of going to bed without doing fifteen minutes of calisthenics. Good for you. But even so, all these efforts to keep you looking as young as possible just aren't enough if you don't take proper care of your complexion.

Don't wait another moment to join the younger-looking women who share the secret benefits of a unique beauty fluid. From Paris to Australia and beyond, these women enjoy the quickly apparent rewards of a skin-loving liquid that helps them to look their youngest. How? By soothing away dryness, that unwelcome dryness that so often makes aging little lines and wrinkles all too noticeable. This remarkable fluid is found in drugstores in the United States, where it is known as Oil of Olay beauty lotion.

You will be astonished how quickly and completely the beauty fluid penetrates your skin's all-too-visible surface as you soothe it on your face and neck. Simply look in your mirror to discover how the wealth of pure moisture, along with tropical oils and other emollients, brings a renewed lustre and glow to your complexion. Your skin feels softer and smoother almost from the instant you apply Oil of Olay, and the difference can scarcely pass unobserved.

Devoted users make the complexion-cherishing fluid a vital part of their beauty ritual at least twice each day. In the morning, as a marvelous makeup base (there's never a greasy afterfeel) that lets cosmetics stay fresh for hours. Again just before bedtime, so skin can sleep in a moisty climate through quiet nocturnal hours. Any other time your skin feels dry and you want to increase its moisture content is a good time for Oil of Olay.



Oil of Olay works with nature in a mysterious way to help maintain your skin's oil-moisture balance, essential if you're to look just as young as you can. The beauty fluid works almost exactly like your skin's own moisture in combatting the dryness that can make you look older than you like. It even helps keep your own natural moisture within the skin, helping to maintain your more youthful looking complexion.

Your friends and family will never know how you achieved the change in your appearance unless you tell. At first you may want to guard this precious new knowledge. But eventually Oil of Olay will probably become a secret too special to keep to yourself.

Beauty Secret

If you wear makeup only when you go out, don't let your face go untended at home. Let Oil of Olay® be a constant part of your morning grooming. You'll enjoy the way your skin looks and feels.

(Advertisement)

"Plastic sealants are very new and are only being used on back teeth. We know over 80 percent of sealants will last for three years and definitely reduce decay"

Secrets of a radiant smile

continued from page 18

3. Use fluoride. "The various applications of fluoride can really protect the teeth and gums from much potential damage. Fluoride in drinking water, for instance, can become part of the blood stream and find its way into the bones and teeth, with a resulting 60 percent reduction in tooth decay. Fluoride has been the savior when it comes to teeth, counteracting the damage done by sugar and the accumulation of plaque. Fluoride toothpaste can produce a 20 percent reduction in decay. In addition, dentists can prescribe mouthwashes and a new fluoride gel in a plastic tray that is placed against the tooth. This new process can be done at home once a day or week with excellent results, especially with children or adults with a high incidence of tooth decay.

"The plastic tray is probably the most effective anti-decay procedure we have today—the results suggest about 85 percent reduction. You build so much fluoride into the tooth's surface that you build its resistance, something of particular value in an area where the water is not fluoridated. [Less than half the population enjoys fluoride in drinking water. A lot of cities still turn it down, although for thirty years it has been observed and found effective.]

"Pure fluoride, however, cannot be purchased over the counter, though the FDA is reevaluating it. For now, your dentist must prescribe any of the applications using fluoride—except of course, fluoride in toothpaste—such as mouthwashes, tablets, chewable lozenges, and the plastic tray."

4. Watch your diet. "An adequate diet is essential in order to provide the optimum resistance of the teeth and gums to disease. Some practitioners claim that a higher dose of calcium, phosphorus, vitamins C, A, and D, is more advantageous for tooth and gum health. This is very controversial, and for every study that claims this, ten prove that it makes no difference. Research in this field is currently being carried out all over the country. At the moment, I would advise that people not experiment with megavitamins until more evidence can be collected.

"The thing that everyone is agreed upon, however, is that too much sugar and carbohydrates is definitely bad, and that reducing the intake of sugar will reduce the amount of plaque and acid in the mouth."

5. Use floss. "The value of floss is that it reaches where the toothbrush can't reach—between the teeth especially near the gum line. Break off about 18 inches of floss and wind the ends round your middle fingers. Use your thumbs and forefingers with an inch of floss between them to guide the floss between your teeth. Hold the floss tightly and use a gentle sawing motion to insert it between the teeth, then work it up and down against the side of the tooth. Repeat this on all your teeth. Floss should never be snapped or forced between teeth and into gum margins." (Some dentists recommend unwaxed floss because it does not slide off the teeth, thus can scrape the plaque off more easily. Ask what your own dentist advises.)

OTHER AIDS

Plastic sealants. "The idea is that coating the surface of the tooth with plastic will protect the enamel against decay. The only coatings used now are placed on the biting surfaces of the back teeth, and are indeed of some benefit in preventing plaque, as these areas are hard to reach with brushes, and especially in young people, these teeth are prone to decay. However, we have only been using them for up to three years—so we have no information yet on long term use. Over 80 percent of sealants will last three years and reduce decay, that is as much as we know."

Electric toothbrushes. "This makes little difference, because if you brush in a hurry, you brush in just as much of a hurry with the electric brush. Where it can be of benefit is for people who have difficulties holding a small brush or making hand movements, such as arthritics."

Mouth hygiene equipment. "This equipment washes out toxic materials; so it can rinse out effectively places that are hard to reach with the brush, especially if you have

Continued on page 28

the Lasting Impressions of Fieldcrest



The Royal Velvet towel, with combed cotton terry, a lasting fashion favorite.



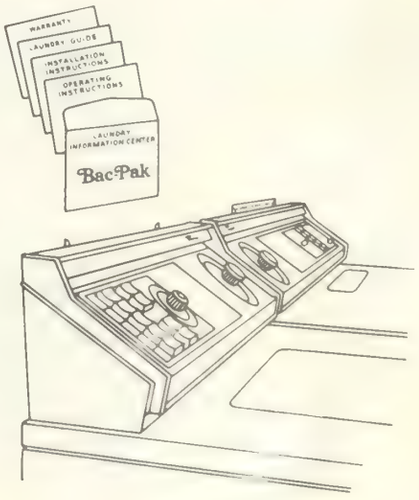
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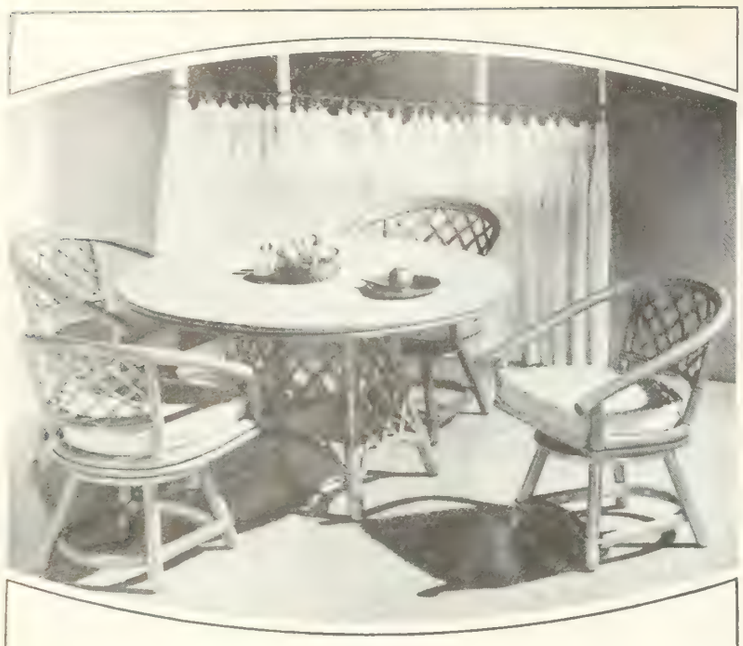
You see, our laundry pairs have special fabric settings. For example, a cool-down care cycle for permanent press no-iron fabrics that really works. Another setting handles washable knits and double knits gently, but thoroughly. Special laundry questions? Simply refer to your handy Bac-Pak Laundry Information Center, built right in the back of both your washer and dryer. Instructions, warranty letter, manual, helpful hints . . . right at your fingertips.



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Radiant smile *continued from page 24*

gum disease."

Chewing gum. "Regular chewing gum has approximately a teaspoon of sugar in it, so that is bad. But there is also an increase in salivary stimulation because of the chewing, which cleans out the mouth—so if you only use it occasionally the cleansing can balance out the sugar. It is when it's used as candy that it can be harmful. Sugar-free gums are of course far preferable."

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

Speaking of beautiful teeth (see page 18) CASWELL-MASSEY is a wonderful source for the most beautiful health and beauty tools, as well as being the oldest pharmacy in America. There are two new natural bristle toothbrushes to choose from, with either short or long bristles in medium or hard strengths. These are of extra-large and sumptuous design, imported from England, and have natural bone handles. How to tell whose is whose? Red, blue, or green incised stripes on the back of each let each member of the family choose his own. $5 each, to order through the famous illustrated Caswell-Massey catalogue or pick one up at their store at 518 Lexington Avenue, New York City.

You're an individualist looking toward evening and holiday sparkles . . . Here's a way to make your make-up really *you* with a softly colorful collection by FRANCES DENNEY: the "Nightingale Look." Warm your skin tone with Amber Light Incandescent Makeup No. 20—candlelight makes this rosy-bronze make-up look rich and healthy. Blend two Incandescent Cheek Paints, Sultry Sienna and Sassy Cerise, over cheekbones to the temples. For eyes, make your own colors—in the crease and on the lid blend Pottery with Shimmery Silver; for the brow bone blend Lemon with Shimmery Silver. These are from the seven-color set of Eye Polishes. If you wish, a smudge of black eyeliner and lots of Healthy Lash Protein Mascara. Two shades for lips—Sienna Frost over Coralight Cream with an outline of Tawny Lip Liner.

Intensive lubrication and constant moisturizing . . . that's the formula that really helps very dry skin. *Ultra Feminine II Radiant Action Night Cream* and *Radiant Action Moisturizer* by HELENA RUBINSTEIN do both these jobs with an added extra—they give a fresh pink glow to the skin and a sensation of warmth that resembles increased circulation. Used together, the cream and under-make-up lotion combat flakiness, improve hydration and elasticity, and soften skin. (Neither product contains hormones—for that, there is Ultra Feminine Cream that many women have been using for years.) Some of us who try the cream or lotion may not feel that tingly, warming sensation. No matter. They do their stuff. Night Cream, 2 ounces, $5; Moisturizer, 2 ounces, $4.50. At Lord & Taylor.

Should you have the good fortune to get away from it all for a week or more, there's a new TRAVELER STACK of necessary beauty sundries to toss in your bag that makes up for those ounces of bottles, tubes, et al. that are so space consuming! At base is a half-ounce of make-up remover, on which are stacked quarter-ounces each of hand cream, eye and throat cream, moisturizer, and deep-pore cleanser. The whole package is a cylinder of movable stacks—4 inches high, weighing perhaps 3 ounces. All for $10 from GEORGETTE KLINGER. Order from Georgette Klinger at 501 Madison Avenue, New York, N.Y. 10022.

What's a little larger than a postage stamp that can save you the money spent on make-up mistakes? Samples, of course. Lip colors, make-up bases, cheek rouges, even eye make-up come in small, try-before-you-buy plastic punchouts that are free at MERLE NORMAN COSMETIC STUDIOS all over the country. There's a generous amount of color in each one so it's easy to keep *au courant* with the latest fashion shades. There are Studios in Woodbridge and Willowbrook Shopping Malls in New Jersey or write to Merle Norman Cosmetic Studio, 9130 Bellanca Ave., Los Angeles, Cal. 90045.

Baking powder and cornstarch—two naturals put together for a brand new underarm deodorant from ARM & HAMMER. *The Baking Soda Deodorant* in a dry spray, both scented and unscented, is effective because of its natural properties. Cornstarch is superior to talc for absorbing wetness; baking soda has long been known as a first rate deodorizer. The two are blended with an emollient to keep them put. In 4-, 7-, and 13-ounce sizes; $1.29, $1.89, $2.89 at supermarkets, drugstores everywhere.

Quality. The endangered species.

This country may be in danger. We could be losing something we can't afford to lose.

Once, when a man produced a product it was the best he could possibly make. He stood behind it with pride. He lived a simple idea: Do it right or don't do it at all. Nobody told him that. No government agency dictated it. And it built a standard of living for all the world to aim at.

Now that idea is threatened. Today that pride in workmanship, in the quality of things, is in danger of slowly slipping away.

However, there are companies, actually many companies, that are working harder today than ever before to preserve quality in everything they make.

We feel that Whirlpool Corporation is such a company. And we feel it so strongly that we have dedicated our entire company to the preservation of quality. And that means more than just making quality dishwashers, dryers, automatic washers, refrigerators, freezers, ranges, compactors and air conditioners. We mean quality in everything we do.

That's why in 1967 we initiated our Cool Line service. Toll-free help that's available to you anytime. Just call with any questions or problems you might have concerning any Whirlpool appliance. The number is 800-253-1301. In Michigan, 800-632-2243.

That's why we have a Quality Control Department that assures you of appliances you can count on. Day in and day out.

That's why we have a simplified letter warranty that's easy to understand, easy to use.

That's why we have Whirlpool Tech-Care service. A franchised service network which means all the help you ever need is usually no more than minutes away.

Yes, quality may be endangered in many places. But at Whirlpool we simply won't let it die. It's too important.

And it means too much to all of us.

Whirlpool
Home Appliances

We believe quality can be beautiful.

Make the most of Vandermint, the great Dutch after-dinner liqueur.

Because not only can you drink Vandermint, you can eat Vandermint. In a parfait. Or pie. Or mousse. Imported from Holland, Vandermint is an exquisite chocolate liqueur that has great possibilities.

What more could you want? Somebody special to give it to.

1. VANDERMINT CHOCOLATE CHEESE PIE: Cream 3/4 cup Vandermint, 8 oz. cream cheese. Add 1/2 cup milk, 1 pkg. (4-1/2 oz.) instant chocolate pudding; beat smooth. Spoon into 8" chocolate crumb crust: 1-1/4 cup chocolate snap crumbs; 1/3 cup soft butter. 2. VANDERMIST: Pour 2 oz. Vandermint over crushed ice in champagne glass. 3. VANDERMINT ALEXANDER: Shake 1 oz. Vandermint, 1 oz. gin and 1 oz. cream with cracked ice. Strain into cocktail glass. 4. VANDERMINT & ICE CREAM: Pile scoop of ice cream into dessert dish. Top with Vandermint. 5. VANDERMINT & VODKA (V&V): Pour 1 part Vandermint and 2 parts vodka over cubes in a "rocks" glass. 6. VANDERMINT PARFAIT: Alternate Vandermint and scoops of pistachio, chocolate, coffee ice cream in parfait glass. Top with whipped cream, splash Vandermint. 7. VANDERMINT MOUSSE: Mix in blender 6 oz. semi-sweet chocolate pieces, 1/2 cup Vandermint. Blend. Add 1/4 lb. soft butter (in pieces), 4 egg yolks. Blend. Beat 4 egg whites, 2 Tbsps. confectioners sugar till stiff. Fold into Vandermint mixture. Pour into dish lined with Vandermint-dipped ladyfingers. Chill. 8. VANDERMINT FONDUE: Melt 6 oz. semi-sweet chocolate pieces. Stir in 1 cup sour cream, 1/2 cup Vandermint. Serve warm. Dip strawberries, cookies. 9. DUTCH COFFEE: Pour jigger of Vandermint into a cup. Add hot coffee and top off with whipped cream. 10. VANDERMINT STRAIGHT.



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Parties with punch

. . . or with soup, tea, shrubs, and other delicious beverages, and tempting things to eat with them

By Mary Moon Hemingwa

Have you ever considered having what I like to think of as a "potable" party? I mean a party where the liquid refreshment is *the* thing. These parties provide one of the most pleasant and easiest ways of entertaining—simplicity of service, no seating arrangements to worry over, easy come-and-go timing, comfortably geared to so many age groups left out of the usual party swing. Potable parties can take place anytime from morning to midnight for a few friends or for a crowd.

As Christmas draws near, for instance, why not have a **morning card-addressing party,** gathering friends together to get their cards ready, and having a light collation as refreshment: *Morning drinks:* Russian chocolate (half coffee, half chocolate) with a side bowl of whipped cream; orange coffee (orange extract or orange rind brewed with the coffee); tomato or clam broth. *Morning morsels:* Baby brioches, tiny buttered biscuits, bite-size French toast made with a cookie cutter and kept warm on a hot tray or candle-warmer dish, fruit-cake fingers.

Hold **a holiday decoration workshop,** the workers bringing materials of all kinds and while they nourish their creative spirits, you nourish *them* with great soups and super breads and a choice of compounded butters.

A soup's-on party is a warm way to welcome the harried shopper at holiday time, too. Have a lunchtime stop-in from noon to two, perhaps. Or have it at suppertime for the benefit of tree trimmers, carolers, or your neighbors.

Hearty soups: Have a choice of thick and thin corn chowder rich in bacon bits and fried onion; easy crème Chantilly (purée of spinach mixed with equal parts of canned pea soup, seasoned with mint, thinned with cream); egg-drop soup afloat with crab meat bits and green peas, or stracciatella, avgolemono, Mexican puchero (South-of-the-Border stockpot with everything in it).

Super breads and butters: As accompaniments to soups, serve herb bread with chive butter; salt-rising bread and olive butter; pumpe nickel and anchovy butter (grea with chowders and bisques), cara way with mustard butter; eg bread with duxelles butter (espe cially good with vegetable soups

Tea is still one of the most re freshing of all beverages and **tea time** a singularly refreshing time o day. Unless it's to be a high, hig affair, tea parties are usually smal quiet, sit-down parties long o good conversation and tea an just enough finger food to set o the brew. For a change, offer variety of teas, made possible b the numbers of fine ones no available in tea-bag form—or us a metal tea ball or spoon for indi vidual brewings. Choose amon hyson, gunpowder, Lapsang-sou chong, jasmine, Constant Com ment, herb teas, rose hip tea. Yo can, if you wish, spark them u with rum, cloved lemons, coars sugar.

Teatime treats: Cheese straws Benne wafers, lace cookies, smok nuts, lemon drops, and fudge.

P.M. parties with punch hav been part of the social whirl sinc before the Middle Ages. Punch i a Hindu word and the use of th punch bowl an Indian custom which the British took over wit delight and disseminated through out the world. When serving punch, it's wise to have one sweet one drier to satisfy different pal ates. If the punch is to be cold, b sure it really is by chilling it over night if possible, or at least chilling the base ingredients. If hot, keep i hot in the kitchen and serve jus enough at one time to retain th heat.

Punch party list: A Marlin Spik (equal parts of dark or light run and cranberry juice), dear to clip per-ship crews and a great switch from the usual holiday creamy concoctions. Claret Punch—th wine plus brandy, curaçao, sherry sugar, lemon juice, and soda wate mixed to taste. Hot Rum Punch— Jamaica rum flavored with ½ cup brandy, half a glass of triple sec the rinds of ½ lemon and ½ orange, plus 4 cups of boiling wa ter. Cold Rum Punch—dark rum

Continued on page 128



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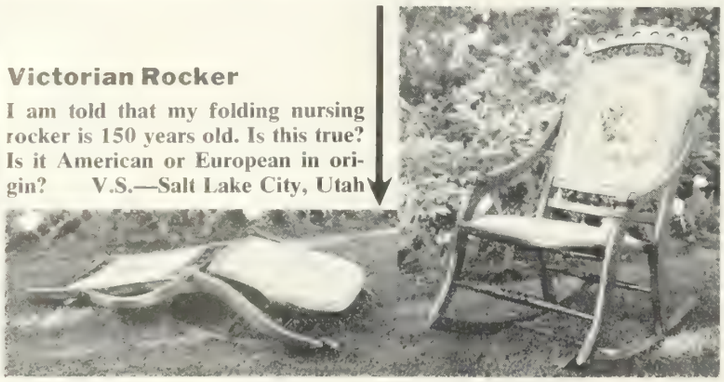
questions & answers

Antiques

By Louise Ade Boger

Victorian Rocker

I am told that my folding nursing rocker is 150 years old. Is this true? Is it American or European in origin? V.S.—Salt Lake City, Utah



Judging from the snapshots, your Victorian folding rocking chair was made in America about the 1870s, when folding chairs were widely popular. Indeed, so great was their popularity, that stationary chairs were often made to look as if they could be folded.

Thorwaldsen Sculpture



Can you identify this ceramic plaque, which is part of the cresting of a gilt wood wall mirror?

P.N.—Santa Fe, N. Mex.

Your carving is a reproduction of an extensively exploited marble plaque by the Danish sculptor, Albert Thorwaldsen (1770-1844), entitled "Day: Aurora with the Genius of Light." The companion sculpture is entitled "Night with Her Children, Sleep and Death." Both were modeled in 1815.

Chippendale Style Supper Table

Can you tell me for what purpose this table was used? Does this kind of table have a particular name?

B.B.—Whitemarsh, Pa.

This distinctive type of Chippendale style tilt-top table with the top divided into compartments, usually 8 or 10, was introduced in England about 1740 to 1750. It held cups and saucers, or small plates, for an informal meal or supper, hence its name—supper table.





French Cameo Glass

My thick glass vase has the signature "Zalli" on it. Are you able to date it for me and tell me who made it? B.B.—Stoughton, Mass.

Your French cameo glass vase was made about 1910 in the glassworks of Emile Gallé (not Zalli), 1846-1904, the man of greatest importance in the renaissance of glassmaking in France. Gallé turned to nature for his inspiration and, no doubt, the Lorraine forests and fields are the subjects for this imaginative design. *(Continued on page 36)*

Croscill "Elizabeth" ensemble with Kodel® at these and other fine stores:

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DELAWARE
Wilmington—Linen Mart
DISTRICT OF COLUMBIA
Washington—Woodward & Lothrop
FLORIDA
Miami—Burdine's
Tampa—Robinson's
GEORGIA
Columbus—Katz's
Savannah—Headley's Curtain Shop
ILLINOIS
Aurora—St. Clair Draperies
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New Orleans—D. H. Holmes
MARYLAND
Baltimore—Hutzler's
MASSACHUSETTS
Boston—Filene's
Lynn—Sullivan's
Plymouth—Butner Co.
Sturbridge—Sturbridge Work Shop
Waltham—Grover Cronin
Whitman—M. Hommonoff & Sons
MICHIGAN
Detroit—Hudson's
Kalamazoo—Gilmore Bros.
Saginaw—Weichman's
Traverse City—Milliken's
MISSISSIPPI
Jackson—S. P. McRae
MISSOURI
Kansas City—Jones Stores
St. Louis—Stix, Baer & Fuller
NEBRASKA
Omaha—Younker-Kilpatrick
NEW JERSEY
Cherry Hill—Berda Linens
East Orange—East Orange Mill End Shops
Red Bank—Mill End Shops
Ridgewood—Ridgewood Decorators
Short Hills—B & B Textile
Wayne—Nassau's
Westfield—Old Colony
Woodbridge—Quaker Curtain
NEW YORK
Brooklyn—Abraham & Straus
Buffalo—Wm. Hengerer
New York—Bloomingdale's
Rochester—Sibley, Lindsay & Curr
NORTH CAROLINA
Winston Salem—Thalhimer's
OHIO
Canton—Treen's
Cincinnati—Shillito's
Cleveland—Higbee Co.
OKLAHOMA
Oklahoma City—John A. Brown
Oklahoma City—Dillard's
Tulsa—Brown-Dunkin
PENNSYLVANIA
New Kensington—Hart's Dept. Store
Pittsburgh—Joseph Horne Co.
RHODE ISLAND
Providence—Outlet Co.
SOUTH CAROLINA
Charleston—Kerrison's
Greenville—Meyers Arnold
TENNESSEE
Clarksville—McNeal & Edwards
TEXAS
Houston—Joske's
UTAH
Salt Lake City—Z.C.M.I.
VIRGINIA
Newport News—Nachman's
Norfolk—Rice's
Richmond—Thalhimer's
WEST VIRGINIA
Wheeling—L. S. Good
WISCONSIN
Milwaukee—Milwaukee Boston Store

olonial Americans believed night air was unhealthy. So their beds were made with canopies and side curtains o keep out the cold night air. In 1975 bedrooms are decorated for fashionable reasons. Like this one done in a lassic eyelet-embroidered ensemble by **CROSCILL**. It's made in Springmaid "Harmonaire," a durable-press lend of Kodel polyester and combed cotton. It's an elegant ensemble with an elegant name—"Elizabeth." nd the curtains are versatile enough to use in any room in the house. The bedspread is puff-quilted with odel polyester fiberfill for softness and lightness. Bedspreads, canopies, Priscilla curtains, tiers, valances, illow shams available in standard sizes. In white or eggshell. At fine stores including those listed opposite.



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The happiness of holiday time is a magic mixture of many things. Like the pungent scent of evergreens and the friendly glow of candles. The cherished family traditions and the treasured decorations saved from year to year and brought forth for loving display.

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ALASKA

FAIRBANKS

House of Flowers
544 Third Avenue (99701)
Phone: 452-1781

PALMER

Mantanuska Valley Flower Shop
728 South Alaska Street (99645)
Phone: 745-3913

ARIZONA

GLENDALE

Glendale Floral & Gift Shop
5743 West Glendale Avenue (85301)
Phone: 931-2416 & 937-7543

PHOENIX

Fordyce Flowers & Gifts
15215 North Cave Creek Road (85032)
Phone: 992-4710

Payne & Morrison Florist
3526 West Glendale Avenue (85021)
Phone: 939-9778

Phoenix Flower Shop
5012 East Thomas Road (85018)
Phone: 959-1200

TUCSON

Harlow's Flowers & Gifts
5620 East Pima (85712)
Phone: 298-3303

CALIFORNIA

ANAHEIM

Carmen's Flower Shop
1215 W. Lincoln Ave. (92805)
Phone: 535-4997

BERKELEY

Berkeley Artists & Florist
1770 Solano Avenue (94707)
Phone: 524-6333

Lee's Florist & Nursery
1420 University Avenue (94702)
Phone: 843-0502

BURBANK

Donna's Florist
151 South Glenoaks Boulevard (91502)
Phone: 848-6655

CARLSBAD

Carlsbad Florist & Gifts
1207-D Elm (92008)
Phone: 434-1073

ENCINO

Adam's Apple
18013 Ventura Boulevard (91316)
Phone: 996-1212

FULLERTON

Hasson's Flower Shop
701 W. Commonwealth Ave. (92632)
Phone: 526-8389

GLENDALE

Walters Flowers, Inc.
412 North Glendale Avenue (91206)
Phone: 246-1706 & 245-8831

HALF MOON BAY

Half Moon Bay Florist
421 Main Street (94019)
Phone: 726-9424

HUNTINGTON BEACH

Harbour Floral
15752 Springdale Avenue (92649)
Phone: 892-1641

LAFAYETTE

Floral Arts Florist
3584 Mt. Diablo Boulevard (94549)
Phone: 284-5765

Orchard Florist & Nursery
4010 Mount Diablo Boulevard (94549)
Phone: 284-4474

LONG BEACH

Atlantic & Fifth Florists
455 Atlantic Avenue (90812)
Phone: 432-0222

LOS ANGELES

A Blooming Business
464 North Doheny Drive (90048)
Phone: 276-6956

OAKLAND

Postag's Florist
5619 College Avenue (94618)
Phone: 653-3430

The Redwood & Acorn Florist
2024 Mac Arthur Boulevard (94602)
Phone: 530-3230

PASADENA

Roma's Flowers
150 South Los Robles (91101)
Phone: 577-1183

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Kayo's Flower Fashions
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Peninsula Flower Cart
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SAN CARLOS

Flower Center
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South Lake Tahoe Florist & Nursery
Winnemucca At Barton (95731)
Phone: 541-4748

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Garifi Florist & Antiques
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Phone: 980-1144

VAN NUYS

Carousel Flowers
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Phone: 934-2396

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Phone: 356-4407

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LAS CRUCES

Flowerland
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Phone: 523-6191

OREGON

BEAVERTON

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12010 SW Allen Avenue (97005)
Phone: 644-2724

EUGENE

Flowers Unlimited
82 West Broadway (97401)
Phone: 344-6244

Reed and Cross, Inc.
160 Oakway Road (97401)
Phone: 484-1244

FLORENCE

Wilson's Florist
498 Oregon Coast Highway (97439)
Phone: 997-8226

GRESHAM

Flowers by Malcoms
221 East Powell Boulevard (97030)
Phone: 665-9101

MILWAUKIE

Dave Strauss' Flowers & Gifts
805 Main Street (97222)
Phone: 659-0550

PORTLAND

Doving's Flower Shop
702 Southwest Morrison (97205)
Phone: 227-2441

Flowers Tommy Luke
625 Southwest Morrison (97205)
Phone: 228-3131

SALEM

Margaret's Florist
1667 Center St., Northeast (97301)
Phone: 363-2190

WASHINGTON

BREMERTON

Paul's Flowers
6th & Pacific Avenue (98310)
Phone: 377-4422

ISSAQUAH

Issaquah Floral & Gift Shoppe
94 Front Street North (98027)
Phone: 392-7566

PUYALLUP

Maloney's Floral Shop
703 Meridian North (98371)
Phone: 845-8858

RICHLAND

Arlene's Flower Shop
1177 Lee Boulevard (99352)
Phone: 946-7676

SEATTLE

Ballard Blossom Shop
2001-Northwest Market Street (98107)
Phone: 782-4213

Gehl Flowers & Gifts
223 Southwest 152nd Street (98166)
Phone: 242-3205

Neilsen Florists & Gifts
4458 California Avenue S.W. (98116)
Phone: 932-2880

SPOKANE

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East 8605 Trent Avenue (99206)
Phone: 926-2475

Sunset Florist & Ghses.
1606 South Assembly (99204)
Phone: 747-2101

VANCOUVER

Designs Delouise
9318 N.E. Burton Road (98662)
Phone: 892-0280/892-0281

WENATCHEE

Crawford's Flowers
24 N. Wenatchee Avenue (98801)
Phone: 663-4660

continued from page 32

American Coffeepot



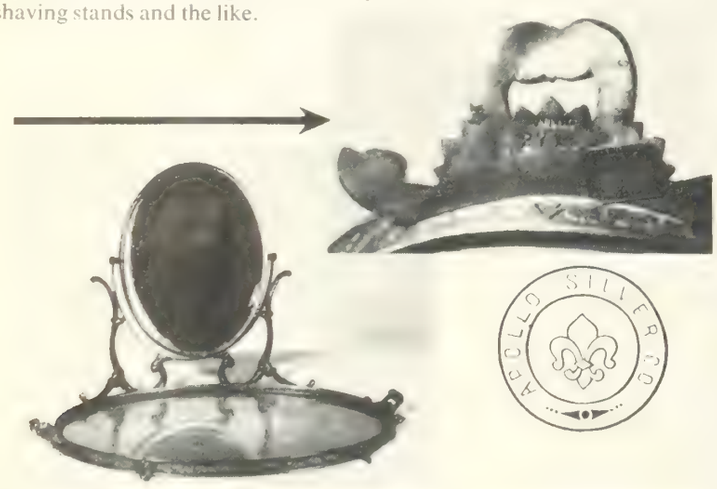
On my coffeepot is "Pairpoint Mfg. Co." but the design is very Asiatic. Why did an American company make this style coffeepot? D.L.K.—Kansas City, Kans.

The craze for Turkish, Moorish ,and other Near Eastern exotica ran like a forest fire through American homes of the 1890s. The Pairpoint Manufacturing Company of New Bedford, Mass., had in mind the savor of rich mocha coffee and the romantic homemaker when it fashioned your plated silver coffeepot.

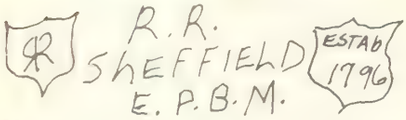
New York Dressing Mirror

I am enclosing some snapshots of my mirror and a drawing of the mark that's on it in the hopes that with them you can identify the maker and tell me when it was made. R.S.—Shaw, Miss.

The Apollo Silver Company of New York City made your plated gold dressing mirror with stand about the turn of the 20th century. Before 1899, it merged with Bernard Rice's Sons, who continued to use the Apollo mark. Apollo specialized in plated silver mirrors, dresser sets, shaving stands and the like.



Sheffield Teapot



These marks appear on my Sheffield teapot. Can you tell me something of its background? What was its base metal? R.E.H.—Pleasanton, Cal.

Your teapot was made by the English Victorian silverplater Richard Richardson, who started the Cornwall Works at Sheffield in 1796. E.P.B.M. indicates the teapot was electroplated on Britannia metal, which is similar to pewter and was sometimes used in place of nickel or white metal. For this reason, when the plated silver on a piece of hollowware wears off and exposes the Britannia metal base, it is often thought to be pewter.

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Portland ..... Frank Kales Furniture

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Watertown .....Davey Furniture

Texas
Dallas ..... Hathaway Cottage
Dallas ..... Liberty House
Houston ..... Waddells (both stores)
San Antonio ..... Leonard's Colonial Shoppe
Texarkana ..Whites Glenwood House

Utah
Cedar City ..... Antone's Interiors

Washington
Bellevue .....Cooper's Furniture
Lynnwood ..... Cooper's Furniture
Seattle ..... Ryan's Colonial House
Walla Walla ..... Drumheller Co.
Wenatchee ..... Dore Interiors

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DePere ..... White House Interiors
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Janesville ..... E. W. Rost & Son
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YESTERDAY TODAY AND TOMORROW

"All electric-vehicle people agree that the primary use will be for in-town trips or commuting. Meantime, the owner is still a bit of a dashing adventurer"

Electric cars *continued from page 14*

and the number of batteries it carries. You can drive one from 30 to 120 miles—again, the distance depends on all those variables—before it will need a recharge. For most electric cars, a full recharge will take from eight to ten hours if you have 110 volt current in your house, about half that time if your current is 220. But the full charging time is rarely necessary because it's unlikely that you'd let the car run completely down before recharging.

Electric cars conserve petroleum because the power they use is generated somewhere else—and central electric generators are somewhat more efficient than car engines, and can control their pollution more effectively. Electricity from wind, water, nuclear, and coal-fired plants works just as well as electricity from oil-fired plants. Most electric cars can be expected to recharge overnight, when generators are operating anyway, often producing more power than is used—and rates are lower.

A full recharge for an eight-battery car costs about 25¢ when rates are 3½¢ per kilowatt hour. If you go twenty-five miles on it, that's a cent a mile.

If you buy an electric car, you can expect it to cost either about $3,000 or about $7,000. You can expect it to be either radical in looks or conventional. It will carry either two passengers or four passengers, operating either with a rheostat (a dial offering a range of fixed speeds) or with a conventional transmission.

Does that all sound rather either/or? It reflects the two philosophies currently at work in electric-car circles. One—the $7,000 one—holds that Americans will not give up personal transportation, personal comfort enroute, and the freedom to make long trips at high speeds no matter what the price of gasoline, and therefore that electric vehicles must match and perhaps surpass what's possible for a gasoline-driven car. The other—the $3,000 one—holds that the time has come for a complete change, that Americans are tired of superwaste, will welcome something small and functional in design, and aren't all that addicted to ultra-high speeds. Therefore electric vehicles can be designed from the ground up to fit their assets and limitations.

Electric vehicles do have limitations. For every pound you put on or in the car, you lose a little speed or range, and the batteries are heavy, and not terribly efficient. The cars don't like hills at all. Cold affects them. If they're light enough to be inexpensive, chances are they're not terribly comfortable. If they're heavy enough to be comfortable, chances are they're expensive. "Put it this way," says James Norberg of ESB, a leading battery manufacturer active in electric vehicle research. "When automobiles first came out there were three contenders, steam, electric, or internal combustion. Two of them, steam and electric, dropped out, so all of the money and all of the research, eighty years of it, went to internal combustion. Now we have to pick up the old technologies of steam and electric and go on."

Research is underway, for instance, under federal grants and also in private industry, to improve batteries. Longterm solutions may be high temperature batteries using things like lithium/sulphur, according to Dr. John Hartman, department head of General Motors' Electrochemical Research Laboratory.

All electric vehicle people agree that the primary use will be in-town trips or commuting (95 percent of all automobile trips are less than 40 miles in length, according to the U.S. Department of Transportation). For businesses, the electric delivery truck is already a valuable asset. There are more than 100,000 of them on the road in England, where oil is even more precious than it is here, for instance. And the U.S. Post Office has just put 350 Electrucks, manufactured by AM General, to work around Los Angeles.

Meantime, the owner of an electric passenger car is still a bit of a dashing adventurer. People nudge, gather in crowds, and question the driver. He is a member of a tight camaraderie, drawn to events like the 1975 Mount Washington Alternative Vehicle Regatta—its symbol was a turtle—in which about 20 electric, steam, methane, and flywheel-driven vehicles crept to the top of Mount Washington, held by the rules and by physical law to speeds less than 20 miles per hour. He's one of the 20,000 subscribers to the quarterly Electric Vehicle News. He's a pest about licensing regulations (one state requires all cars to have gas tanks—even if they're not gas driven). And he's having fun.

A lot of the rest of the world, with less petroleum, is more accustomed to electric cars. Italian, English, Dutch, French, Belgian, Japanese, South African, Brazilian, and Swedish companies make them. Now, some Americans are tiptoing into electric car production.

The largest present producer is Sebring-Vanguard of Sebring, Fla. Its CitiCar carries two passengers in a body made of the same material as professional football helmets, with a roll cage on an aluminum chassis. It has six or eight 6-volt batteries, isinglass curtains you can fold right down, a cruising speed of 38 miles per hour with a range of 50 miles before recharging. It weighs 1250 pounds, and costs less than $3,000. Thirteen hundred CitiCars were produced in the first nine months of this year for 100 distributors, says marketing manager Robert M. Stone.

Elcar is a bouncy little fiberglass box manufactured in Italy to U.S. specifications and distributed by the Elcar Corp. of Elkhart, Ind. It carries two passengers, has eight batteries, a speed of 35 miles per hour and a range of 50 miles. It costs about $3400. Elcar will also sell you just the chassis, for $1700, so you can build your own car. Early in 1976 the company will begin its own production, a four-passenger hatchback with a 40 mile-per-hour speed.

The Electric Fuel Propulsion Corporation is converting Fisher bodies into electric luxury cars—but they're not for sale. "I wanted to be different," says president Robert R. Aronson, "so they're only for leasing." The car, called a Transformer I, has patented lead/cobalt batteries that can be recharged in 45 minutes, a 65 mile-per-hour top speed and a range of 100 miles, leases for $300-$400 a month. He manufactures one a week now.

Electric Vehicle Associates also converts a luxury car, this one European. It has a 58 mile-per-hour speed, a 60 mile range, room for four or five passengers and sixteen special lead/acid batteries. It costs $8500. Three cars have been made so far, to order. The company is geared for twenty-two a month.

B & Z's Electra King looks like something you might expect ten clowns to pile out of. But it's been making them since 1961, now at a rate of about one a week. They come in three or four-wheel styles, can go from 15 to 35 miles per hour depending on the choice of motor, can turn around in 12 feet, sell for between $2200 and $3200. The 18 mile-per-hour model is the most popular. "That's as fast as you can go downtown anyway," says B & Z owner Robert E. McCoy. "And they don't produce any smog at all—unless you smoke."

C. H. Waterman converts a Dutch four-passenger car to an electric with a 45 mile-per-hour speed and a 60 mile range. It carries four passengers and even with batteries, he says, weighs less than the average compact. It costs about $6000. Six have been sold; he has plans for several hundred next year. "It sounds like a refrigerator motor when it's running," says Mr. Waterman.

Linear Alpha electrifies Dodge vans and Pintos to order. The van has a top speed of 60 miles per hour, a range of 30 miles. The Pinto "Thunderbolt 240" can go 55 miles per hour, has a 40-mile range, costs $7896.

Corbin-Gentry sells motorcycle accessories, electric motorcycles—and a kit to turn your old VW into an electric bug. The basic package—it comes in a flexible number of varieties—has a 45 mile-per-hour speed, a 30-35 mile range, can be used on any rear-engine Volkswagen from beetle to bus, and costs about $1250. The motor is the heart: a retooled, rebuilt 12-14 horsepower jet engine starter generator. Thirty or forty kits have been sold since late May, and Corbin-Gentry has "enough" jet starters left, says sales manager Al Simmons.

And then there are the prototypes, handsome cars that nobody's offering for sale yet. But they may, any minute now.

Robert S. McKee of McKee Engineering, racing car designer (fifty of them since 1961) and electric enthusiast, has built the McKee Electric Commuter Car for ESB, the battery-makers, and he has copied it for himself. It has a top speed of 60 miles per hour, a range of 75 or 80 miles, room for two passengers, and a racy 8 horsepower engine. He's building four more this year.

Wayne Goldman of Electric Vehicle Engineering has experimented with electric vehicles for use everywhere from coal mines to resorts. Now he is planning to produce a highway-rated vehicle named the Laser next year, a four-passenger station wagon to sell for $6500, that will go 35 miles per hour for about a hundred miles. "Right now," he says, "it's a cross between a novelty and a thinking man's market."

And the Copper Development Association, which specializes in making new technologies available to consumers of brass and copper, has designed and built the Copper Electric Town Car, with a top speed of 55 miles per hour and a range (at 40 miles per hour) of 120 miles. It went to Washington last spring, one of eighteen electric vehicles demonstrated at technical briefings for legislators and others involved with energy and transportation. *(Continued on page 144)*

"You can get lost in the underground shopping center of Montreal . . . make definite plans to do it"

ew excitement in Montreal *continued from page 16*

ototype of the buses that will be ed during the Olympics. The ndows are intended to echo the ympic logo with its five inter- cked circles topped by the styl- ed arches of a Montreal "M." ere's what I learned:

Montreal is Canada's largest ty, its financial headquarters ,000 banks), its garment center 0 percent of Canadian clothing ade there), its major seaport with cilities for 200 ships at a time. It is 28 radio stations and 7 color levision channels. It has 900 iles of streets, and every one is ashed every day, May to Oc- ber. Five thousand big concrete anters full of flowers are carted it every May to beautify the city, id carted back into greenhouses very October. Five thousand trees planters go along, and when the ees get too big, they're planted in e parks. Any blank building wall in be the prize in a competition nong students in the city's art hools. They may submit designs the city council. If okayed, a ank wall gets a newly painted ork of art.

The islands of Expo '67, now Man and His World"—it sounds etter in French: *Terre des Hom- es*—were made with the dirt dug om the subway system.

No building can be higher than ie Montreal mountain, 700 feet, r about 50 stories. The Stock Ex- hange, at 47 stories, is Montreal's ighest building. The Merchandise Mart, its biggest—the world's sec- nd biggest commercial building.

Benjamin Franklin founded the Montreal Gazette in 1776, while ie U.S. army was occupying the ity. The Cavelier de la Salle left om here to explore the Missis- ppi; so did the Sieur de la Veren- rye, first European to see the Rocky Mountains. Citizen Grey- olon du Luth canoed off from the uai to found Duluth; la Mothe- Cadillac left to found Detroit. Two rothers Le Moyne went farther, o open up Louisiana. A lot of the United States started in Montreal.

The Old City has been subject o eleven years of intensive official reservation and restoration work. t is now an area of great charm nd vivid life—crafts, antiques, estaurants, and atmosphere, well vorth a daylong walking tour. There is the church of *Notre- Dame,* designed by an American rchitect in 1824, with stained glass scenes from Montreal history n windows along the nave. Next door, the *St. Sulpice Seminary,* built in 1685. The seminary has gardens, the church has a museum. The *Place Jacques-Cartier,* asphalt stripped from its original cobblestones, is now full of young people and artists, and lined with small cafés. The *Château de Ramezay,* built in 1705, was headquarters for the American occupation of Montreal in 1775, and is now a historic and numismatic museum. There's the harborside *Nôtre-Dame-de-Bonsecours,* built in 1772, oldest church in Montreal, and its museum. The *Youville Stables,* which never housed horses, now house offices and a restaurant.

Just west of Old Montreal are the *Molson Brewery* (visitors welcome) and the *Dow Planetarium.*

Like Old Montreal, the rest of the sightseer's Montreal seems to occur in chunks. These four were my favorites: the subway (Metro) system, the Place des Arts, Mont Royal itself, Terre des Hommes.

The Metro: The system is less than ten years old, and it is beautiful. Every station is different, and each of the twenty-six is a gem of urban design. Glass-walled trains run on rubber wheels, so quietly you can talk in a whisper. For 35¢ you can ride from one end of the city to the other.

In the downtown area there is a whole underground city adjoining the Metro. I'm told there may be five miles of underground streets and 500 shops, but I couldn't find a map—"out of date," "not complete," "what?". The sections of the buried city don't always connect, and it's quite possible to get lost down there. In fact, I'd make definite plans to do it. The shops are interesting, the "streets" full of surprises, and whenever you get tired of being lost, there's somebody nearby who will be happy to help you find yourself—an information clerk, a policeman, a shop person, or as in our case, a friendly passerby who solved our puzzlement at a highly unusual wildcat Metro strike by driving us out to the Ile St. Hélène himself.

The Place des Arts: If you're familiar with Lincoln Center in New York, or the Music Center in Los Angeles, the Place des Arts may not be a surprise. But I have a thing for wide, windswept plazas and monumental buildings, and Canadians seem to have a thing for flowers everywhere. The combination is irresistible. There are guided tours Tuesdays and Thursdays 1 to 4 p.m. And there are performances, theatre in French and English, music of all persuasions, festivals, recitals, lectures, dance. Check the seasonal Calendar of Events, available from any tourist-information source.

Mont Royal: Soon after Montreal was founded a serious flood threatened to wash it away again. Maisonneuve, the founder, vowed he'd carry a cross on his back to the top of the 700-foot mountain, if only it would stop raining. It did. He did. And so there is still a cross on the summit, now outlined in electric light. From the park surrounding the cross it seems possible to see as far as Saskatchewan. There's skiing, sled-riding, and skating in winter, an art center, a wax museum with scenes from Canadian history, the Université de Montréal, and St. Joseph's Oratory where a Christmas exposition of religious art is held.

Terre des Hommes: Twenty-five pavilions still are there. The huge geodesic dome that was the U.S. Pavilion is now a powerful exhibition built around the environment, called the Biosphere. There are pavilions for humor, for weaponry, for fine arts, for history. China, Czechoslovakia, India, Iran, the USSR, and Yugoslavia, among others, have displays in their old Expo '67 pavilions. There are restaurants and sidewalk-side snack stands, special events and entertainment, the monorail, a stadium for sports or concerts, swimming pools, places to picnic. And there's La Ronde, one of the pleasantest of amusement parks, with some rides safe enough for toddlers and others that are enough to inspire terror in teen-agers. Pavilions are open from 10 AM to 8:30 PM every day; La Ronde runs from noon to 2:30 AM in the summer. A visa ($3 for one day, $5 for the season) purchased at the Metro stop will admit you to all the pavilions. Admission to La Ronde is 50¢ for adults, 25¢ for youths. Children under 8 years, free.

Also on the island is the Parc Hélène-de-Champlain, with a restaurant, an old fort, another stadium and a theatre where a Christmas spectacle, in French, is presented from Dec. 11 to Jan. 3.

Where to stay: Montreal is full of hotels, up to its ears in hotels, and still building hotels. Six opened this year. There will be more than 90,000 rooms available for the 1976 Olympics. And in spite of that, it's not safe to go without a reservation, because all those hotels are usually 90 percent full.

The Public Relations Department of Montreal puts out a *Guide to Montreal Hotels* in which they're rated by class, with prices and amenities noted. If you prefer less formal lodgings, there is also a guide to tourist houses. And a special bureau, Héquo 76 (201 est, Rue Crémazie, Montreal, Que., Canada, H2M, 1L2), has been set up to deal with accommodations during the Olympics. The big hotels are mostly in midtown, convenient to stay in. Here are a few:

The Berkeley is dark wood and brown leather and quiet. Its restaurant has a good reputation, a pleasant sidewalk cafe for breakfast.

The Bonaventure, a penthouse complete with running stream and goldfish, on top of the Merchandise Mart, was new for Expo, is architecturally exciting, fun.

The Château Champlain towers over the Place du Canada with spectacular views through semi-circular windows toward the St. Lawrence or toward Mont Royal. A razzle-dazzle nightclub.

The Queen Elizabeth is busy, red and gold with crystal and high ceilings, 21 stories, some of them in the 17th century, some in the 21st century. Good restaurants.

The Ritz-Carlton is black and gold and shiny brass, a doorman with white gloves, quiet elegance —and a reputation as one of the world's great hotels. Its restaurants, particularly Le Café de Paris, have earned suitably understated "excellents" in all categories. Ducks swim on a tiny garden pond. In summer you can dine there.

The Sheraton-Mt. Royal is a crossroads, comings and goings, shopping and eating all happening at once with an air of suppressed excitement around its large and intricately laidout ground floor.

The Windsor, facing Dominion Square, is what you thought hotels were when you were a child, a little staid, a little mysterious, with wrought-iron staircases and wood-paneled elevators, and tall old room doors with big brass keys.

A triangular hotel tower built by Concordia Estates, The Hôtel La Cité, the Inn on the Park, the Château Mirabel, and the Holiday Inn Dominion Square, the Méridien Montréal, all new, open in 1976.

Restaurants. Ah, restaurants. Montreal is an eating city the likes of New York, of New Orleans, of

Continued on page 53



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ew excitement in Montreal *continued from page 51*

n Francisco. Maybe better, be-use even in the lesser places, the stairs joints, the corners not entioned in any tourist guide, it's rd to go wrong. There's that little stairs Italian place, Pepe's, just Peel Street from Dominion uare. We went for lunch because ee days of fancy eating can give e an old-fashioned yearning for late of spaghetti and some garlic ead. Instead we found home ade gnocci and exquisite squid, aping portions, modest prices, endly service, and a crowd of aching Montreal office workers.

The City of Montreal public re-ions department puts out a help-l free guide classifying restau-nts by the nationality of their isine and by price—less than $4, , $8, or more per person. There's *ning Out in Montreal* (Montreal ar, $2.95) as well as a fairly com-ete listing in *Current Events/ tualités-Montreal* (75¢. Town blishers, 1010 St. Catherine St. est, Montreal, Que., H3B 3R3). cornered four or five knowledge-le Montrealers and got them to ake check marks and I tried me. Here are those we noticed.

Everybody checked Les Filles Du Roy. It's on the oldest street in one of the oldest houses of Montreal, a series of rooms, old wooden tables, waitresses in the 17th century dress of the King's Daughters, convent-reared girls sent out as brides to French-Canadian pioneers. On the theory that it's best to eat native, we tried to order French-Canadian *tourtiére* (pork pie), *pattes de cochon* (pig's feet), *fèves au lard* (broad beans). All but the *fèves* had already been eaten up. The food was good but not exciting, but the service and the atmosphere made up for it.

Le St. Amable is also in old Montreal, through a tiny door in a tiny street just off the Place Jacques Cartier. The place is tiny too—best to make reservations—but the cuisine is superb. Pheasant that isn't an affectation, odd combinations like cucumber stuffed with salmon mousse, interesting vegetables. They tend to look askance at children, even well-behaved ones whose gourmet credentials (had they asked) are reasonably in order.

Don't eat anything but fish at Desjardins. If the fish is Canadian—Gaspé salmon, for instance or Arctic char—even better. The place is pleasant, reasonable, undemanding. But the fish is *good*.

There's a nice cold lunch plate at La Portage, in the Hotel Bonaventure. Eat it perhaps after a stroll along the roof top stream.

Places I didn't try, but would like to: A l'Amphitryon, new in an old house. *Dining Out* says both food and decor are "excellent." A la Catalogne, French cuisine in the old city, ending with a maple mousse. The Beaver Club in the Queen Elizabeth hotel, named for a club that has been in existence since fur-trapping days, with the trappings of the frontier, and nice attention to detail. Seafood at the Bluenose Inn. Snails in fourteen ways at l'Escargot. Left Bank sorts of lunches at the Club des Moustachus, A la Crêpe Bretonne, or Chez Grand'mère. Late suppers (well, at least until 11) at Chez Martin. A steak at Gibby's in the restored Youville Stables. Once, maybe, through the Festin du Gouverneur at the Old Fort on Île Sainte-Hélène, where there's programmed gaiety most nights. A sampling from the wine cellars of the government-run Hélène-de-Champlain, reputed to be the best in North America. Bistro-style service and food said to be superb at Les Halles. Provincial France, Chez la Mère Michel. And *why* didn't I get just a little out of the city to Chez Bardet, the Auberge Handfield, or La Saulaie, lauded in places like *Gourmet* magazine?

Shopping: Canada is an important part of the British Commonwealth—which means that British products from all over the world can be found here in abundance, and often less expensively than elsewhere. Crown Derby, Waterford glass, or Irish linen, it's there. Canada is also the home of the Hudson's Bay Company, whose striped blankets once were traded for beaver pelts. They're still being sold, edges ticked in black to show how many pelts each is worth.

Craft life is active and interesting. The most original work I saw was in the shop of the Canadian Guild of Crafts, 2025 Peel Street. It also had a first-class collection of Eskimo art for sale.

Typical products of the country tend to be gastronomic, and so well-known that the city map

Continued on page 76

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Do you need an interior designer?

How do you find one? How do you work with one? What can one do for you?

To a lot of people, the world of the interior designer is one of esoteric mystery. A person who specializes in the insides of buildings—what does he *do?* These days, interior design is no longer just a matter of rearranging the furniture. In fact, interior designers do for the inside roughly what the architect—the exterior designer—does for the building itself: They fit it to the needs and wishes of the people who live there. They use experience and training to make it beautiful as well as functional.

There comes a time when just about anyone who is going to make a substantial investment in furnishing or decorating a house could benefit from the services of an interior designer. To know what you like in decorating often isn't enough. The right interior designer can save you time, can bring to your attention products, fabrics, furniture, ideas you might not otherwise have thought of, or to which you might not have had access. As middle man between you and the source of your new furnishings he can handle details and expedite delivery. Certainly it makes sense to consider the use of a designer if you are contemplating a big project—but there is really no bottom limit to the size of the project, if you feel you could benefit from a designer's services. Designers do rooms or pieces of rooms as well as buildings. There is probably a designer for just about anything you might want to do. For instance, if you intend to buy just one really good sofa for the next ten or fifteen years, a designer might save you from an expensive mistake—and the process of consulting one isn't difficult.

Where do you find one? There are always the Yellow Pages—and that's not a bad idea for starters. Friends, good retail stores, magazines, manufacturers of furniture you admire are other possible sources of information. Some 12,000 interior designers belong to the largest professional organization, the American Society of Interior Designers. Known as ASID, it was formed just this January by a merger between the American Institute of Interior Designers and the National Society of Interior Designers. One of its functions is to provide lists of members, by area. Write to the national headquarters, 730 Fifth Ave., New York, N.Y. 10019.

The members of the ASID all have met certain minimum standards for education, for experience, and for professional practices—standards that the organization will try to tighten every year. And members subscribe to a court-tested code of ethics designed to protect the client—you—and the profession. Reputable designers expect clients to ask for examples of their work and for credit and experience references.

Once you've found a designer, or found several, how do you pick the one whose work will please your taste? Partly by his previous work, and partly—because many designers are very versatile—by something as simple as chemistry: Do you like him or her? If you can't make him understand you in the first twenty minutes, perhaps you should look further. The initial interview, during which you try to come to a working arrangement, is generally without cost to you, though you should ask whether there will be a fee when you call.

How can you make the designer understand? He'll ask questions, but you should be prepared to be quite explicit and quite communicative. What is the project? What are the limitations in time, money, materials? What do you like? How do you plan to use the space? Do you live casually, actively, serenely, energetically? What do you dislike? What has to be incorporated; where does the designer have a free hand? All are important.

If you get along and you decide to work together, what can a designer do? Whatever you want him to. You might want an hour's or a day's consultation. He might help you to the point of specifying exactly what you want and naming the sources, while you do the shopping. Or he can give you renderings, and swatches, and samples for approval, in your own house if you choose, while you take charge of the execution. Or he can do everything, while you okay every step. You and the designer pick the method that suits you both best, usually at the initial interview.

The fee the designer charges will reflect the size of the project and the amount of time he is like to spend, and he will give you estimate ahead of time. Designe may also work for salaries, co missions, through sale of ret merchandise, or—a fairly n possibility for large steady clie —for retainers. A reputable d signer will be glad to tell you e actly how his fee is set.

Interior design, as a professio has come a long way since the da when it was the province of othe wise-unoccupied friends with knack for making rooms look pr ty. Today, designers may be e pected to know everything fro basic electrical wiring and buildi stress patterns to the proper mai tenance of a variety of synthe fabrics, the quirks in the new kinetic art forms, or the findings the latest environmental stud More and more, they work close with architects to create interi environments that can be mo than just rooms.

Among the professional pr grams sponsored by the Americ Society of Interior Designers a design competitions, awards giv for environmental improveme through design, fellowships f teachers of design, research faci ties, expert assistance in restorati and preservation for civic and h toric organizations, and—perha the most important goal—a natio wide campaign for legal qualific tions for designers.

ASID would like to see stat issue licenses for interior desig just as states license architects doctors or teachers or engineers. the meantime, through the N tional Council on Interior Desi Qualification (formed with seve other professional groups), it offe a tough technical exam to anyo who wants to take it. Those w pass are well-qualified to call the selves professional designers.

Through the Foundation f Interior Design Education a Research (FIDER), establish with the Interior Design Educat Council, ASID offers a volunta provisional accreditation plan f schools of interior design in c leges and junior colleges, to gu antee a certain standard of prof sional training to the more th 6,000 students now enrolled design programs.

It's all part of a continuing eff to upgrade standards of inter design. The object has been make finding *your* interior designr easier and safer. ■



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A NEW LOOK FOR AMERICAN MAN-MADE LANDSCAPES

Exciting ideas and designs showing how you can help add to the beauty of your community

By Caroline Seebohm

In Portsmouth, N.H., Arco gas station owner Louis Dow has surrounded his pumps with brick walls. A 20-foot internally lit sign has been replaced with a small block print sign. The new brick walls hide the pumps, and Mr. Dow has also installed planters and new discreet lighting.

In Bellows Falls, Vt., a visual master plan to change the traffic-congested square area into a pretty, tree-shaded, pedestrian-oriented shopping area has been funded through the Vermont Natural Resources Council, and a local townscape improvement committee is now campaigning for federal funds to do the project.

In Exeter, N.H., businessman Donald Robie has bought up some old buildings at the entrance to the town and is restoring them to their original character with appropriate building materials and small wooden signs. The town has working drawings for a new Town Hall Common that connects the bandstand back to the handsome Georgian Town Hall.

In Billerica, Mass., Billerica House of Correction prison officers, inspired by a slide show on murals, are planning a project for prisoners to paint murals on the walls of their prison.

At the gateway to Harvard University, a focus of bright color has been provided by the planting of row of crimson-leaved barberry enclosing a mound of red salvia and on one side, a weeping purpl beech—all done by volunteers a a "plant-in."

The driving force behind thes dramatic efforts to transform th visual environment is Ronald Le Fleming, founder and director o Vision, Inc., a nonprofit publi foundation dedicated to the con servation of visual quality i America.

"We want to make people mor visually sensitive to where the live," he says. "We believe Ameri cans can develop more feeling fo *townscape*—the relationship be tween buildings in a street, th rhythms of chimneys, roofs spaces, the textures and colors tha

Continued on page 5



BEFORE— *storefronts in Portsmouth, N.H. Merchants and landlord agreed to work with Vision.*

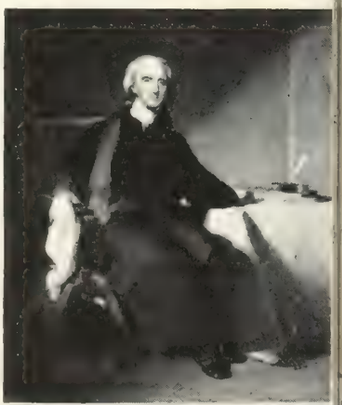


AFTER— *redesigned signs and awnings now respect the integrity of the building.*

Tribute to an American patriot

The State of Maryland's leading citizen during the American Revolution and for many years after it was undoubtedly Charles Carroll of Carrollton. He was the last surviving signer of the Declaration of Independence, reputedly the richest man in America at the time, and unquestionably one of the foremost figures in American history. Yet, except by historians, he seems to be remembered more for his money than what he did for his country. And he did a great deal. He was a member from the Maryland Delegation to the Continental Congress, a member of the Maryland Revolutionary Convention, a member of the Maryland Committee of Correspondence, a delegate to the 2nd Continental Congress, and on August 2, 1776, he signed the Declaration of Independence. He also helped to found the American Colonization Society, the Bank of North America, the C & O Canal Company, and the B & O Railroad Company (he laid the cornerstone).

As a long overdue tribute to this canny, talented, and patriotic man, The Baltimore Museum of Art, in conjunction with the Maryland Historical Society and the Peale Museum, is presenting a major exhibition running from September 30 to December 1 of this year. The exhibit will consist of silver, porcelain, furniture, memorabilia, documents, manuscripts, and portraits of Carroll and his family who were immortalized by some thirty painters including Sir Joshua Reynolds, Gilbert Stuart, and Thomas Sully. The Carrolls obviously did not give their custom to the itinerant painters of the day Among the lenders to the exhib tion are Queen Elizabeth II, th 8th Duke of Wellington, and th Metropolitan Museum of Ar These are arbiters of taste, so is a very worthwhile show.



Charles Carroll of Carrollto by Thomas Sully. It hangs i the State House in Annapoli

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Regular: 17 mg. "tar," 1.0 mg. nicotine—Menthol: 17 mg. "tar," 1.1 mg. nicotine av. per cigarette, FTC Report April '75

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The most important reason for remodeling is to make your kitchen more attractive, more convenient, and equipped with modern appliances that save you time and energy. That's what Thermador is all about.

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"People are concerned about other kinds of pollution—water, air, noise—but what about visual pollution?"

Man-made landscapes *continued from page 56*

make up a whole. It is vital to preserve our townscapes, with their fine examples of architecture and craftsmanship, because they are our landline to the ordered harmony of the past. Also, we want to restore 'a sense of turf,' which people feel protective about or responsible for."

When you next go out into town or into the countryside, start looking, really looking, with fresh eyes, at the man-made environment. No, not the beautiful green trees, the well-tilled fields, the forested slopes—the natural landscape that we have been responding to and trying to protect from encroaching civilization—but the buildings, the road signs, the lighting, the billboards, the utility wires. Notice how they relate to their surroundings. You will be amazed!

"People are concerned about other kinds of pollution—water, air, noise—but what about visual pollution?" asks Mr. Fleming. "Some time ago I went to Saratoga, N.Y., for a weekend's racing. I'd read all about Saratoga. I knew it was a great 19th-century watering place with an elegant main street, beautiful hotels, filigree gingerbread architecture, and magnificent elm trees. Well, when I arrived, it had all gone. The Grand Union Hotel, gone—replaced by the Grand Union Shopping Center. Even the elm trees were stumps. I felt an enormous sense of personal loss. And I found out, too, that some of it could have been saved—that there were other choices along the way."

Vision, Inc. is trying to see that such a loss is never repeated. The organization consists of Noré Winter, chief townscape designer, James F. Hunnewell Jr., designer, and a handful of dedicated architects and historians, all working out of Mr. Fleming's house in Cambridge, Mass. They are supported by various sources such as the Rockefeller Family Fund, National Endowment for the Arts and Humanities, Audubon Society, and America the Beautiful Fund, as well as local organizations such as Chambers of Commerce and town governments.

Mr. Fleming has found that by personally approaching the heads of corporations such as Exxon, McDonalds, Holiday Inn, and other national franchises, and expressing the growing popular concern for visual quality, it is possible to encourage managements to redesign, remove, reduce, conceal, or renovate standard corporate installations. Atlantic Richfield cooperated in Portsmouth, N.H., for instance, and paid for gas station improvements, and the American Petroleum Institute is showing interest in a Vision proposal to upgrade the visual quality of a few selected towns that are celebrating the Bicentennial by means of redesigning, landscaping, and relighting their gas stations.

Vision can also advise about new gas station design. For instance, a new commission has been set up on Cape Cod to organize a nine-town historic district along the old King's Highway, Route 6A, from Eastham to Sandwich. The members of the commission are already being besieged by oil companies wanting to put stations along this route, and they have no criteria for judging the oil companies' requests. So Mr. Fleming has sent them pictures of good-looking gas stations and signs as guidelines for the commission.

In the cities and towns of America, Vision has also been very successful. In Portsmouth, for instance, a magnificent old city with a rich collection of 18th- and 19th-century architecture, they have completed design work for a Visual Environment Plan, jointly sponsored by the local business community and private foundations. Vision's team has made recommendations for restoring old façades, reorganizing and designing public and private signs, planting trees, building recreation areas, beautifying parking lots, and improving lighting.

The team presented its visual guidelines to the people of Portsmouth at what was called a "design clinic," which encourages the financial community to express some commitment to the project right from the start, and brings the townspeople and Vision together. At this first clinic ever held, the businessmen, naturally, asked some hard questions: "What if I'm the only one to agree to the new plan?" "I've just installed a new store sign. Must it be taken down?" "Is the city going to help?" But basically, they sensed the vision

Continued on page 78



Decorating a home will never be this easy again.

Remember your doll house? It was a dream world where everything was possible. And it wasn't important that the draperies didn't match the rugs. Or that the tiny rocking chair didn't go with the miniature dressing table.

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Ethan Allen Galleries

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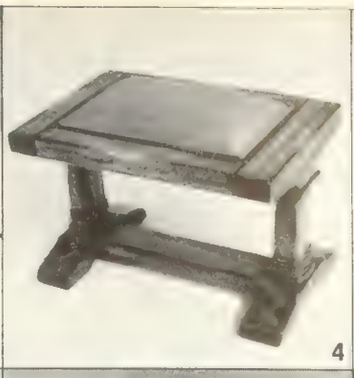
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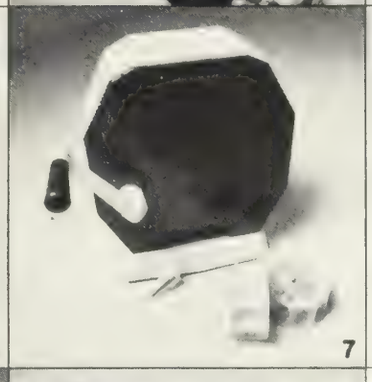

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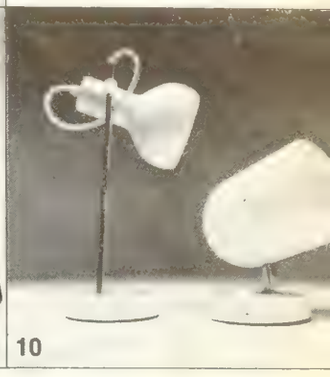

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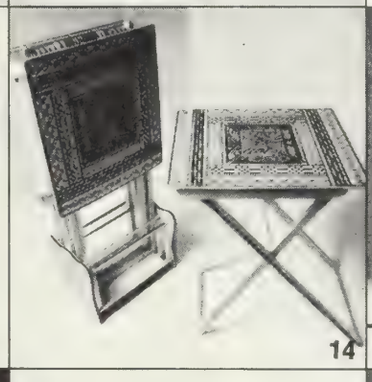

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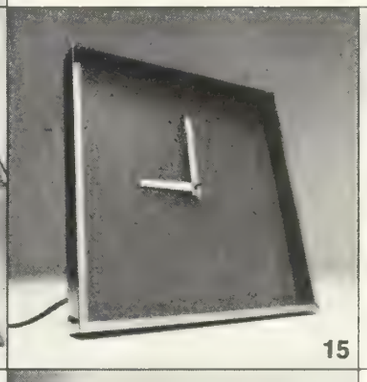

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House Gifts


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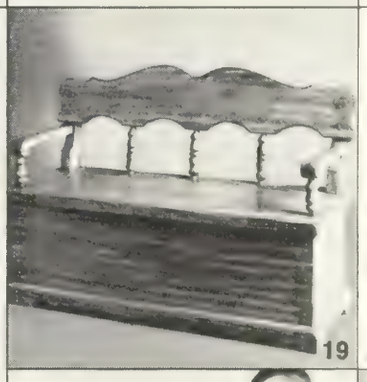

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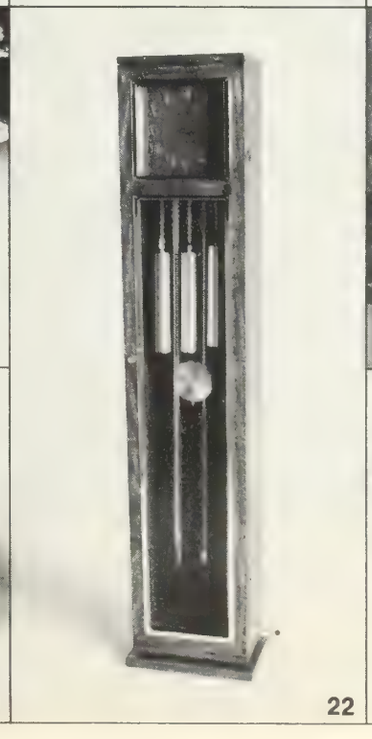

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As much a delight to give as to receive, these presents run the gamut of useful, decorative things for the house. For these two-dozen plus new ideas and many more to make or buy, turn to page 64.



20


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25

) HARDIN, KEITH TRUMBO

Moppets...the Captivating Collectibles from the Gift World of Gorham.

Look for them at these fine stores. Or send the coupon below to the store nearest you to order your favorite Moppets.

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Hayward — Granat Bros.
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Kerman — Plaza Drug
Los Altos — Donovan's Gift Shop
San Bruno — Granat Bros.
San Diego — Kensington Gifts
San Francisco — Granat Bros.
San Gabriel — Perveller Drugs
Santa Fe Springs — Lee's Hallmark Shop
Santa Maria — Melby's
Saratoga — Miss Emily Stationery
Stockton — Bee Beauty Salon
Whittier — Lee's Hallmark Shop

COLORADO
Denver — International Villa

CONNECTICUT
Waterbury — S. S. Strick's, Inc.
New London — The Outlet Company

DELAWARE
Lewes — Trader's Jewelry & Gifts

DISTRICT OF COLUMBIA
Washington, D.C. — Lane's
Washington, D.C. — Steendam Gallery

FLORIDA
Eustis — Long's Gift Shop
Ft. Lauderdale — This 'N' That Card & Gift Shop
Ft. Lauderdale — Treasures Ltd.

GEORGIA
Fitzgerald — Hiers Jewelers
Tifton — Haley Jewelers

ILLINOIS
Addison — Jean-Paul Gallery
Aurora — Bockman's
Belleville — George Blanquart Jewelers
Blue Island — Flowers By Bartle
Canton — Shinn Jewelers
Chicago — Borg Flower & Gift Shop
Chicago — Wieboldt's (All Stores)
Eldorado — Putnam's
Elgin — Perlman Fine Jewelry
Elgin — Joseph Speiss
Jacksonville — The S'Squire Store
Joliet — Something Different
La Salle — C. A. Jensen
Salem — The Pine Cone Shop
Springfield — Altemueller Jewelry

INDIANA
Fort Wayne — Howard's Gift Shop
Fort Wayne — Howard's—Glenbrook
Fort Wayne — Howard's—Northcrest
Indianapolis — Beru's, Inc.
Indianapolis — Card & Gift Gallery
Indianapolis — Card 'N All
Indianapolis — Lazarus (All Stores)
Indianapolis — Wm. H. Block (All Stores)
Lafayette — Wm. H. Block
Merrillville — Osterman's
Mishawaka — The Country Shop
New Castle — McCormick-Hammer, Inc.
South Bend — Robertson's
Vincennes — The Accent Shop

IOWA
Des Moines — Josephson's
Des Moines — Younker Brothers (All Stores)
Grinnell — Eckerman Jewelers
West Liberty — Schweer's Jewelry & Gifts

KANSAS
Coffeyville — Cantrell's
Great Bend — Morrison Jewelry
Hutchinson — Wiley's

KENTUCKY
Corbin — Distad's
Paducah — Parrott House

LOUISIANA
Monroe — Palace
Shreveport — Lewis Pharmacy
Shreveport — Rubenstein's

MAINE
Portland — G. M. Pollack & Sons (All Stores)
South Portland — Jordan Marsh

MARYLAND
Baltimore — Hockschild Kohn
Cockeysville — Valley View Farm Country Store
Silver Spring — Gift Fair
Silver Spring — My Grandfather's Shop

MASSACHUSETTS
Auburn — The Outlet Company
Boston — Jordan Marsh (All Stores)
Brockton — Greenfield's Gifts
Dartmouth — The Outlet Company
Pittsfield — England's

MICHIGAN
Adrian — Osterman's
Ann Arbor — The Happy House Shop
Bay City — Herman Hiss & Co.
Birmingham — Lake Jewelers
Bloomfield — Bottle 'N' Gift
Flint — Osterman's (Both Stores)
Grand Rapids — Lynn's Hallmark Shop
Iron Mountain — Arthur Franklin & Sons
Lincoln Park — December's Special Place
Midland — Robison's Jewelry & Gifts
Monroe — Osterman's
Plymouth — Pick 'O' The Wick

MINNESOTA
Minneapolis — Donaldson's

MISSOURI
Clayton — Helen Harris Gifts
Jefferson City — Dallmeyer Jewelers
Washington — Altemueller Jewelry

NEBRASKA
Omaha — Nosegay Gifts & Flowers
Omaha — Younker Brothers (All Stores)

NEVADA
Las Vegas — Bertha's
Winnemucca — Ramasco Jewelry

NEW HAMPSHIRE
Manchester — Jordan Marsh

NEW JERSEY
Bernardsville — Carriage Trade
Little Falls — Barton Jewelers
Trenton — Liberty Gifts
Wayne — Little Elegance
Westfield — Jeannette's

NEW YORK
Jefferson Valley — Lourdes
Mineola — Anne's Gift Shop
Lakewood — Darling Jewelers
Seneca Falls — Flowers & Gifts By Consentino
Syracuse — Dey Bros.

NORTH CAROLINA
Durham — Osterman's
Hickory — Carolina Office Equipment Co.
High Point — Belk Beck Co.—Westchester Mall
High Point — Perkinson Jewelry
Roanoke Rapids — The Jewel Box
Willow Springs — Willow Florist Gifts and Antiques
Winston-Salem — Osterman's

OHIO
Ashtabula — Carlisle's
Chillicothe — E. M. Smith Jewelers, Inc.
Cincinnati — The Willis Music Co.
Cleveland — The Hesses Gifts
Columbus — Lazarus (All Stores)
Columbus — Hallmark Crown Shops (All Stores)
Finley — Osterman's
Freemont — Osterman's
Lima — Osterman's
Niles — Carlisle's
Painesville — Carlisle's
Sandusky — Osterman's
Steubenville — Carlisle's
Tiffen — Osterman's
Toledo — Osterman's (All Stores)

OKLAHOMA
Oklahoma City — Gift House
Oklahoma City — John A. Brown
Oklahoma City — St. Anthony Volunteer League Hospital Gift Shop
Tulsa — Smith's Gifts
Tulsa — Vandever's

PENNSYLVANIA
Allentown — Appel Jeweler, Inc.
Allentown — Zollinger's
Bangor — Steckel's, Inc.
Chester — Carl A. Doubet
Erie — Carlisle's
Erie — Darling Jewelers
Jenkintown — DeMaria Jewelers
Lancaster — Linen Hope Chest
Latrobe — Leonard's Jewelry
Meadville — Carlisle's
Monaca — Osterman's
Monroeville — Reizenstein's, Inc.
Philadelphia — Andrews Jewelers
Philadelphia — Lit Brothers (All Stores)
Philadelphia — Mayfair Jewelers, Inc.
Philadelphia — Rujo Pharmacy
Philadelphia — Spain's Gifts
Pittsburgh — Gimbel's (All Stores)
Pittsburgh — Kaufman's (All Stores)
Pittsburgh — Morrow's Jewelers-North Hills
Pittsburgh — Yarmon Bros.
Sunbury — John Dagle Jewelers
Warminster — Rosewood Card & Gift Shop
Warren — Darling Jewelers
Warrington — Christmas Card & Gift Shop
Washington — S. A. Meyer
Waynesboro — Long Jewelers, Inc.
Wilkes-Barre — Fowler, Dick & Walker
Yardley — Yardley Florist

RHODE ISLAND
Cranston — James Kaplan Jewelers
Newport — Indesign
Providence — The Outlet Company (All Stores)
Warwick — Jordan Marsh
Warwick — Ross-Simon's, Inc.
Westerly — Westerly Jewelers
West Warwick — Lord's Jewelers
Woonsocket — McCarthy's

SOUTH CAROLINA
Charleston — China Hall

TENNESSEE
Cleveland — Moore Jewelers
Knoxville — Woodruff's Century House
Memphis — Goldsmith's
Memphis — Village Gift Shoppe
Nashville — Draper Jewelers
Nashville — Nashville Trunk & Bag

TEXAS
Bay Town — The Grey Hall Pharmacy
Bryan — Happy Cottage
Conroe — Hall & Hall Pharmacy
Corpus Christi — Taylor Bros. Jewelers
Fort Worth — Monnig Dry Goods Co.
Houston — Foley's (All Stores)
Houston — Gene Swinney's-Memorial
Houston — Gene Swinney's-Sharpstown
Houston — Sherry's Hallmark Shop
Houston — Spencer's Collectible China & Porcelain
San Antonio — House of Todd
San Antonio — Joske's
San Antonio — P. J. McNeel Jewelry
San Antonio — Shaw's Jewelers
San Marcos — The China Palace

UTAH
Salt Lake City — Shapiro Travel Goods & Gifts
Salt Lake City — Z.C.M.I. (All Stores)

VIRGINIA
Annandale — Annandale Jewelers
Norfolk — Kitty's Boutique
Roanoke — Frank L. Moose Jewelry
Springfield — Springfield Jewelers
Staunton — H. L. Lang & Co.

WASHINGTON
Seattle — Porter & Jensen

WEST VIRGINIA
Princeton — Santon Bros.

WISCONSIN
Kenosha — Andrea's
Kenosha — Krinker's Hallmark Shop
Kenosha — The Carousel
Madison — Douglas China Gallery
Manitowoc — Thought Of You Shop
Milwaukee — The Boston Store
Waukesha — Estberg & Sons

WYOMING
Cheyenne — Georgette's

Send this coupon to your favorite or nearest store to order your Moppets.

To: _____(Store Name)

Please send me the following Moppets.

	Quantity	Unit Price
A. "Let's Be Friends"	_____	$16.00
B. "Can't we talk this over?"	_____	$12.00
C. "Tennis Anyone?"	_____	$12.00
D. "Yea, Good Guys!"	_____	$12.00
E. "A very special love."	_____	$17.50
F. "The World's Best Skier"	_____	$12.00
G. "You're my kind of people."	_____	$20.00

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

☐ Enclosed is my check or money order in the amount of $_____.
Please add applicable tax.

☐ Please charge to my Account No. _____.



Moppets® Captivating Collectibles... very special little people to give someone lots of joy and love.

Gorham presents this happy Moppets family that's sure to win your favorite someone's heart. Moppets express friendship and love in the nicest way. Some are musical, some spoof sports, and all of them brighten the day. Captivating and charming, their irresistible expressions are delightfully captured in hand-painted porcelain for a gift to be treasured forever. See all the members of this delightful family at your favorite store. Moppets, from the Gift World of Gorham.

ughts expressed by the Moppets above: **A.** "Let's Be Friends" $16. **B.** "Can't we talk this over?" $12. **C.** "Tennis Anyone?" $12. **D.** "Yea, Good Guys!" $12. A very special love." (A musical Moppets that plays "Teddy Bear Picnic.") $17.50. **F.** "The World's Best Skier" $12. **G.** "You're my kind of people." (A sical Moppets plays "We've Only Just Begun.") $20. The Moppets family includes many other delightful members for any special occasion. Prices ject to change without notice.

GORHAM DIVISION OF textron PROVIDENCE, R.I.

Moppets © 1973, 1974, 1975 Fran Mar

House gifts

continued from page 61

Soft, handsome luggage. **1,** that keeps its clean look because it's washable Ultrasuede. Tote bag, $150 and suitcase, $180, in cocoa or burgundy were designed by Halston. Hartmann Halston Casual Luggage. At Dinoffer Luggage Stylists. **2** Warm and cuddly—"Peanuts All Sports" Fiberwoven polyester blanket* to wrap up your favorite little sports companions. Write Chatham Blankets, 111 West 40th St., New York, N.Y. 10018 for your nearest store. **3** Cordless power tool does the job of both a drill and a screwdriver with a ⅜-inch bit. Electric charger recharges hundreds of times. By Skil. At hardware stores. **4** Flip the vinyl upholstered bench seat over to make a 16-inch parquet-topped table. $120. By Gordon's. **5** A ceramic insert converts the "Multi-Cooker" stainless frypan into a slow cooker. For fast frying, remove the insert and turn the temperature up. Everything is immersible for thorough cleaning. Frypan, $42.95; optional insert $14.95. By Sunbeam. **6.** A solid mahogany block-front chest with brass hardware and four drawers that lock is a reproduction of an 18th-century American piece. $1135. By Pennsylvania House. At Biggs Antiques stores, Philadelphia, Washington, D.C., and Richmond, Va. **7** For great cooks—a red and white plastic combination gnocchi and croquette machine. Two attachments and an instruction booklet are included. $46.75 postpaid from Hammacher Schlemmer. **8** "Orinoko Star" cotton fabric covers an armchair. In navy, red, or brown with fresh white. $446. By Hickory Chair. At Lord & Taylor. **9** Just the thing for entertaining groups—the "Quik-Drip Executive" automatic drip coffeemaker. Brews 8 cups in 6½ minutes, and as there are two warming plates, you can put one pot on to warm while another brews. $74.95. By WestBend. **10** *Left,* a 13-inch-high adjustable table lamp in white or yellow, $30; chrome, $32. *Right,* a wall lamp that can be permanently mounted or pinned; yellow, white, or chrome, $25. Both lamps use 100-watt regular bulbs or 75-watt reflector bulbs. By Basic Concept. At The Workbench. **11** Put a tiny surprise inside a porcelain box with a yellow porcelain bow. $7.50 postpaid from The Pequod Emporium. **12** Sharpening steel, holding fork, boning and carving/serving blades make up a 4-piece carving set any host would love. By Gerber Legendary Blades. $71.75 postpaid from Hammacher Schlemmer. **13** Handpainted trunk from India has intriguing figures on sides and top. "From The Four Corners Collection" by Thomasville. $489. **14** Folding tables 18 inches wide with black and red or black and white incised designs on their tops. $50 each postpaid from La Tienda. **15** Electric clocks with bare faces in bright orange or yellow all framed with chrome. By Peam. $37 postpaid from Arango. **16** Straw mats and gingham seersucker drip-dry napkins in blue, red, yellow, or green and white. Mats, 60¢ each; napkins, 22 inches square, $2.25 postpaid from The Mare's Nest. **17** Queen Anne silver chest of solid cherry has silvercloth-lined drawers. A reproduction of an English piece by Hammary. $220. At John Wanamaker. **18** A sterling reindeer would be a delightful ornament to hang on a tree. $15. By Oneida. At Carl's House of Silver. **19** The seat of this pine blanket chest flips up for storage. $219. By Finishing Touch Furniture. Macy's. **20** Velcro closing tab secures the letter carrier; stationery comes with it too. $10. By Fante Stationery. At Bloomingdale's. **21** Push-button channel selection and instant fine tuning on the "Star System" 25-inch color TV by Magnavox, on a handsome, recessed chrome base. $995. Through Magnavox dealers. **22** Glass doors and brushed brass molding on the 65-inch-high "Foxfire" clock. $559. By Ridgeway Clocks. At Macy's. **23** Two 1-quart stainless thermoses in a case, $81, and a single 1-quart thermos in a case, $42; both have padded adjustable carrying straps. By Stanley. At Abercrombie & Fitch. **24** Birch drop-lid desk has storage compartments inside, brass hardware. $270. By Pennsylvania House. At Altman's. **25** When on invigorating walking tours, attach a pedometer to your belt. Registers up to 25 miles. $11 at Hoffritz. *All prices approximate. Store addresses, page 74. More house gifts on page 67.*

1958, 1966, UNITED FEATURE SYNDICATE, INC.



Sears Chrome and Glass Collection.
They cost so little because you assemble them yourself.

There is nothing fragile about the beauty of Sears Chrome and Glass. The chrome-plated tubing is made from heavy-gauge steel. The glass is safety-tempered for extra strength. And no glass corners to bump into.

What's more, most pieces in Sears Chrome and Glass Collection cost less than $75. Each piece is a cinch to assemble. No special tools or talent needed. All you need is the tiny wrench that comes included.

Isn't there room in your decor and your budget for Sears Chrome and Glass? Take it home today. Have it up tonight. Find it at most larger Sears, Roebuck and Co. stores. Most items also available in the catalog.

only at Sears

The joy, warmth and magic of a Dickensian Christmas – captured in solid sterling silver



From the frontispiece by John Leech for the original edition of *A Christmas Carol.*

Weight 6.7 troy ounces.
Diameter 8 inches

A limited edition Christmas plate from the Birmingham Mint of England

the rollicking spirit of an old-fashioned Christmas radiates
i this yuletide plate.

ou can almost hear the fiddle play, smell the roast goose in the
n, feel the genial warmth of the blazing hearth and jolly company!

his festive scene, captured in the soft glow of fine English sterling
r, is a masterpiece of the silversmith's art. The very embodiment
ickensian merriment! It will make a heartwarming family pos-
ion, and a Christmas gift anyone will treasure.

ollecting the annual Birmingham Mint Christmas plates has long
n a cherished tradition in England. Now, for the first time, these
owned plates are available to American collectors. Each bears the
ed Maker's Mark of the Birmingham Mint—England's oldest,
est private mint—as well as official hallmarks of the Assay Master
ranteeing silver content and purity.

The plate will be sent in a lined presentation case, suitable for wall
unting, with registered serial number, and a signed Certificate of
thenticity. The price, $180.

Only 5000 sterling silver plates will be struck. Thereafter, the dies
l be destroyed. Orders received after the issue is fully subscribed
ist regretfully be returned.

ecial Gold Edition: For the discriminating collector, the Birmingham
nt will strike 200 plates in solid 22-karat gold, each 16 troy ounces in
ight. The price, regardless of any increases in the cost of gold between
w and delivery, is set at $5000 per plate. To order this Gold Edition,
in appropriate line in the subscription coupon.

To: THE BIRMINGHAM MINT OF ENGLAND, LTD. HG1
Office for U.S. Subscriber Services, P.O. Box 792
Olde Towne Station, Alexandria, Virginia 22313

Please send me the 1975 Christmas plate in the quantities indicated below:

_____ Solid sterling silver plate(s) at $180* each
_____ 22-karat gold plate(s) at $5000* each
*Virginia residents please add 4% sales tax

☐ I enclose check or money order
in full payment. Amount enclosed: $_____

Or: Bill my ☐ Master Charge ☐ American Express
☐ BankAmericard

_____

On line above, write all information that appears in raised figures on your card. Include expiration date. If Master Charge, be sure to include the 4-digit Interbank number.

Name_____

Address_____

City_____ State_____ Zip_____

Signature_____

☐ Check here if you wish plate sent as a gift. Attach recipient's name and address on a separate piece of paper, with brief message for gift card.

To assure delivery before Christmas, orders must be received by November 30th.

Donald Dawkins rejects pulleys 1/1000th-inch out of round. After all, who wants a grandfather clock that gains two minutes every month?



Dawkins, master machinist, supervises the production of every one of the 166 metal parts made on this machine for a Herschede grandfather clock.

He knows the peculiar ways of machining brass and steel, as a chef knows the limits of butter and flour.

In an age of mass-produced mediocrity, Dawkins is something of a rarity. He insists upon, and gets, perfection from the machinists who tend lathes under his demanding eye.

The two words he hates most are "good enough". Clockmaking is no profession for the slovenly.

Herschede is the only American clockmaker manufacturing movements for grandfather clocks. Others import cheap movements from abroad. We trust Don Dawkins because we know how meticulous his standards are.

Herschede



You can see all of the meticulously crafted Herschede clocks, from $4400 on down, by sending 50 cents for a color catalog to the Herschede Hall Clock Company, Starkville, Mississippi 39759. A division of Arnold Industries.



Gold Medal winning clocks since 1885.

For armchair shopping

Terrific presents you can order by mail

by Margaret Morse

ıall-price-tag surprises

e oldest apothecary in Ameri- Caswell-Massey, has **hundreds unusual small presents and cking stuffers.** Founded in 1752, : store and charming catalogue from the catalogue order de- rtment) offer a trip to the past th everything from swansdown wder puffs to snuff.

Another **small-gift goldmine** is e Vermont Country Store in eston, Vermont (catalogue 25¢), l of old-fashioned goodies that ok very new in these practicality- nscious times. For example, it s a **charming three-faced rag ll** that's Red Riding Hood, her ındmother, or the wolf depend- g on which end is up, which side es front. "The Three-Way Rag oll," #12480, is $10.75.

A "general store" of the things u'd expect to find **over two cen- ries ago,** Prentis-Tarpley's Stores Colonial Williamsburg don't ve a catalogue or illustrations of eir wares, but their mail order ice list is free if you send a f-addressed, stamped envelope. orn combs—a ladies' tail comb, side comb, or gentleman's comb—are $2.90 each. Pomanders are $2.50 each. Sealing wax (large stick, $1.75, small 50¢) and brass seals with a rose or thistle design ($1.40 each). A cast-iron "Gate Weight" on a chain that closes the gate behind you, $8.50.

Slim, sparkling **brass Christmas tree ornaments**—An angel with a "Merry Christmas" bell and a "Merry Christmas 1975" bell are $2.50 each and a simple, bell-capped **brass candle snuffer** is $6.25—are real finds from Higbee's (Gift Dept.). **A silver-plated bell** from Denmark is $5.75 and can be monogrammed at additional charge. **A lacy silver-plated butterfly** makes an almost Art Deco footed trivet. It's $12.25. Both from Higbee's (Silver Dept.).

Pretty as snowflakes, lead crystal dinner bells make delightful hostess presents. Hand-polished, with crystal clappers, these four designs are made in Germany: two are tulip shaped (#1779 broader than the #1720), one is typically "bell" shaped (#1699), and one is a flamboyant balloon shape (#1781). Each $7.50 plus postage (1 lb. 2 oz.) and, outside delivery area, add $1 for handling. From The Broadway.

A portable can opener selected by NASA for Skylab, makes a very practical stocking stuffer. Polished chrome with strong gear-driven cutter and red, white, avocado, or yellow vinyl handles. About $2.98, with magnetic lid-lifter about $3.98. By Swing-A-Way and at housewares departments and stores across the country.

Small gleamers—Pewter decanter labels are $2.75 each plus postage (1 lb.), silver-plated pillboxes—round, square, or oblong—are $8.50 each plus postage (1 lb.). From Carson Pirie Scott.

A perfect crystal bud vase for a tray or at individual placesettings, this "Atlantis" bud vase is an utterly simple taper with handcut cylindrical base. Imported from Portugal by Block. $10 plus postage (2 lbs.) from Jordan Marsh.

Just what a good eggnog needs, jovial laughing Santa mugs, of ceramic. Children will love them for cocoa. $6 each from Strawbridge & Clothier. Catalogue $1.

Greeting cards with things that sprout or brew—Each is a fanciful illustration of planting or brewing instructions, with a packet of seeds or taste of tea. Nine kinds of Tree Seed Cards (eight conifers plus a pear tree), thirteen Herb Senders, six Tea Senders. 98¢ per card from Taylor & Ng.

Entertaining house presents

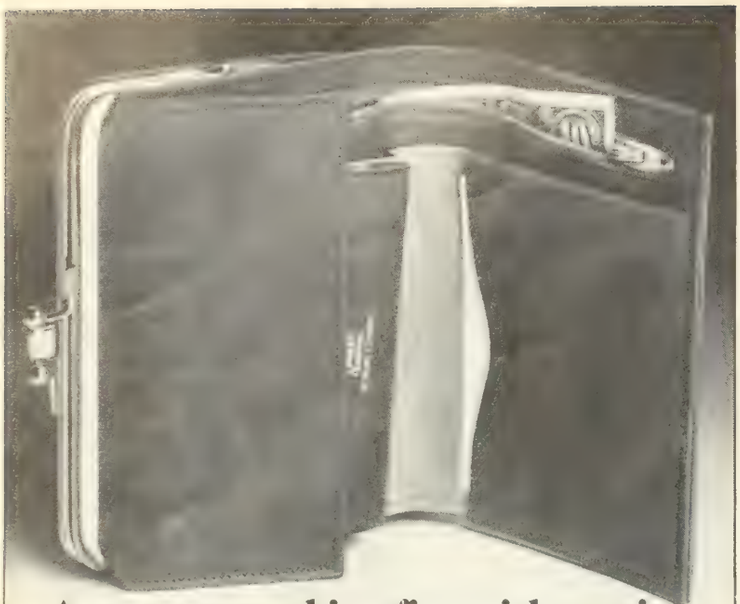
Hang up your coat and stay a while—A Scandinavian coat rack painted bright red, white, or yellow that comes knocked down is $39.95 plus postage (15 lbs.). **A chrome and glass serving cart** that comes knocked down is $59.95 plus postage (35 lbs.). From Carson Pirie Scott.

Sometimes there just isn't any substitute for crushed ice, and a professional ice crusher is **an "ice-breaker" of a house present people really can use.** With reversible crank for fine or coarse ice and self-feeding, the Swing-A-Way ice crusher comes in white, avocado, or yellow with chrome trim. Wall

Continued on next page

. PRICES APPROXIMATE. POSTPAID EXCEPT WHERE INDICATED. FOR SOURCES AND STORE ADDRESSES, SEE PAGE 74.





A new way to achieve financial security: The zipper.

The Tri-Partite Security Purse. Features new zipper pocket to keep your money safe.

Plus lots of roomy pockets and compartments for all the other things in your life. In a variety of colors and finishes. From $10.00.

PRINCESS GARDNER®

Prince Gardner, St. Louis, Mo. A Division of SWANK, Inc.



For free color brochure, write Artisan Houes, Dept. G-1 Los Angeles, Calif. 90026

To streamline your list, think of "family" presents—presents to decorate the house with, feast on, or get outdoors with.

For armchair shopping

continued from preceding page

model is about $11.95. Table model about $13.95 or, with vacuum clamp, about $15.95. At housewares departments and stores across the country.

Frosting for the table without the fuss afterward of laundering **—scalloped monogrammed place mats of clear acrylic.** The three-initial monogram is a classic print with center initial larger and bolder than other two. 20 by 14 inches each. Set of four (#55-P4DT) is $31.15 from The Horchow Collection.

Go fish—A big fish-shaped bowl that makes a witty fishbowl, terrarium, bouillabaisse server, or still life when filled with shells. $20 plus postage (4 lbs.). from Hutzler's.

Sterling silver salt and pepper shakers that are reproductions of the "sand" shakers used by Washington at Mount Vernon are utterly modern with unadorned square bases, round necks and caps. 1⅝ inches high. The pair is $51 gift-wrapped. From Shreve, Crump & Low.

A New Year's resolution for **fresh fruit juice**—A good-looking electric citrus juicer—sleek, compact, and bright white—has two plastic reamers, one large for grapefruit, another small for lemons and limes. With slotted strainer, spout. All juicing parts dishwasher-safe. "Juice-O-Matic" by Rival is about $21.95 (excluding postage) at housewares departments and stores across the country.

A decorative rattan bedtray deliberately toasted to various shades of brown is a natural **for winter breakfasts in bed.** It looks like a tortoise crossed with a basket and is a handsome hybrid indeed. $22.50 from Sakowitz. The catalogue is $1, which is refundable with first order.

A miniature baker's rack in white-painted wrought iron just 10 by 16 inches in area and 52 inches high makes a marvelous focal spot for plants and collectables. $66.25 from Higbee's (Gift Dept.).

To wrap a bed, **sheets in pretty pastel candy stripes.** "Holiday Stripe," of no-iron cotton and polyester. We particularly liked the blues-on-white (French blue and baby blue, with baby blue cuff) and pinks-on-white (two rosy pinks, the lighter repeated on the cuff) combinations. Also in avocado and lime, gold and yellow, and bright red and blue, all on white. By Thomaston Mills. Twin-sized sheet is about $4, full-sized about $5, and pillowcases about $- per pair at Abraham & Straus.

A new pattern for the bath **towels inspired by an American Indian blanket**—beige with a zig zag of sun yellow, tans, and browns, with short fringe on the top and bottom. Great for a natural-toned or masculine bath or the beach. Called "Tahoe," all cotton. Bath, $3 each; hand, $2 each; and washcloth, $1 each (excluding postage). By Dundee Mills. At The Emporium.

If authentic American Colonial is your decorating spirit, there are hundreds of Williamsburg reproductions in the beautiful reference book-catalogue of the Craft House at Colonial Williamsburg. Lavish for $2.95, it's full of furniture, fabrics, wall coverings, accessories, tableware, presents, plus color samples of Williamsburg paints. **Irresistible bird prints,** reproductions of 18th-century ones by Mark Catesby, have a subtle primitive charm. Each 18 by 24 inches with margins. Unframed, $12.95 each or $24.45 per pair. Framed in black with gold-leaf trim, $38 each or $73 per pair.

It won't drop its needles—a bronze Christmas tree 12 inches tall with driftwood base. Modern filagree to hang with your own tiny ornaments. By Guibara. $126.50 from Alfred Dunhill.

For incurable cooks and do-it-yourselfers

How to turn out **Christmas-sized batches of professional-looking cookies** with professional speed—the Swedish Cookie Gun. Super-easy to use, with dispenser disks for 20 different designs, five decorating nozzles, recipes. $15.75 from Williams-Sonoma.

The fool-proof crêpe pan—Cast iron with a stick-resistant finish, makes wafer-thin crêpes in a flash. You merely turn it upside down and "wet" it in your batter, flip it rightside up to bake, upside down over your plate to serve. 25 recipes for crêpes and entrée, dessert, and breakfast fillings included. $14.99 plus postage (4 lbs.). **Weigh your calories**—One of the handsomest contemporary scales we've seen gives you both ounces and grams, then you adjust the dial for calories. The "Calcuweightor" is $19.95 plus postage (8 lbs.). Both from Meier & Frank.

One-piece Lucite **salt and pepper mill** grinds peppercorns as coarse or fine as you like, sprinkles salt. $15 plus postage (1 lb. 2 oz.).

Continued on page 70

ALL PRICES APPROXIMATE. POSTPAID EXCEPT WHERE INDICATED.
FOR SOURCES AND STORE ADDRESSES, SEE PAGE 74.

The Fenton Gift Guide

The secret to successful Christmas shopping is to know what you want *before* you leave the house. So start making out your list right here. And give them handmade glass by Fenton.



Fenton

The Fenton Art Glass Company
Williamstown, West Virginia 26187

THE SWISS MIX MASTER.

Most people think only a master chef can create an intriguing new cocktail or dessert. But the Swiss can easily make anybody a Master.

They've blended their great Swiss chocolate and succulent cherries into a most mixable liqueur. Imported Cheri-Suisse.

Try our recipes as a start. Then invent any number of pleasurable drinks and desserts on your own. The possibilities are as endless as your imagination.



1. CHERI-SUISSE FONDUE. In saucepan, melt 2 tbls. butter, 12 oz. semi-sweet chocolate. Blend ½ cup Cheri-Suisse. Keep warm over low heat. Dip fruit or cake squares, or use as ice cream topping.

2. STRAIGHT UP.

3. SUISSE TEQUILA. Shake with ice, 1 oz. Tequila, ¾ oz. Cheri-Suisse, 3 oz. milk. Pour into Old Fashioned glass over ice.

4. CHERI-SUISSE ROMANOFF. Drain jar (14-16 oz.) pitted dark cherries. Whip 1 cup heavy cream with 2 tbls. Cheri-Suisse. Fold into 1 pt. softened vanilla ice cream. Fold in cherries and 2 more tbls. Cheri-Suisse. Serves 8.

5. CHERI-SUISSE MIST. Pour 2 oz. Cheri-Suisse over crushed ice in champagne glass. Serve with short straws.

Cheri-Suisse
IMPORTED FROM SWITZERLAND

For a free Swiss Swiss recipe booklet write to: Park Avenue Imports, 375 Park Avenue, New York, N.Y. 10022 52 proof.

Sometimes the most welcome present is one a friend will get pleasure out of day in and day out. Shop your housewares and hardware departments. Useful is beautiful.

For armchair shopping *continued from page 68*

Heaven for the chocolate hound, a "chocolate" set of a French Pilleruyt porcelain-soufflé mold, four ramekins, cake tester, grater, and "chocolate" booklet. $15 plus postage (4 lbs. 5 oz.). Both from The Broadway.

The menagerie cast-iron pot rack is a handmade reproduction of a 17th-century Dutch Crown design with cast iron silhouettes of a rooster, bear, deer, and panther. Four pot-hanging hooks (extra hooks to order). About 12 inches in diameter, 12 inches high, it's $62 including insurance; without animal silhouettes, $37. Allow one month delivery. By blacksmith Stephen W. Parker. Illustrated catalogue $1.

Easy sew-it-yourself kits for economical outdoor gear are the answer for skiers, campers, or even if you're interested only in making lightweight luggage, down pillows, or comforters. Frostline makes kits for these and every conceivable sewable "outdoor" thing—sleeping bags, pack and bike bags, children's clothes, even tents! Each kit includes whatever is necessary—precut fabric pieces (no fussing with cutting out pattern), goose down in easy-stuffing packets, zipper, knitted cuffs, grommets with grommet-setting tool if need be, even thread. Each step in construction is illustrated. Free catalogue.

Charming new needlepoint designs by Erica Wilson make marvelous presents to give or make to give. **Magazine racks** come in three designs—Betsy Ross Mouse, Grandpa Mouse reading his newspaper, and a waterfront sailboat scene. Each with yarns is $33.50; design-it-yourself rack without yarns is $19.50. **A man's evening cummerbund** bordered in black Ultrasuede with an Art Deco design to do in "silver," "gold," and black cotton thread (included), $51; design-it-yourself cummerbund without thread, $31. From Erica Wilson Needle Works.

For men, hard-working gift solutions

An inexpensive gift for businessmen is a **pocket-sized, cordless rotary shaver.** Designed for touch-ups, it runs on a penlight battery (included), is 4 inches tall, 2½ ounces. Replacement blade assembly about $1.50. "The Li'l Shaver" is $8.75 from Gifts For Men.

If it's a silvery tablesetting and good meat, why not **silver-toned steak knives to match**—"Beefeater" knives are each one-piece stainless steel; a set of six is about $6 of eight about $85. All by W.I Case & Sons Cutlery and availab at housewares departments ar stores across the country. Pric don't include postage.

For children—and sometimes grown-ups—visions of sugarplums

The smallest electric railroad in th world sets up in a space as sma as 12 by 21 inches, even in an a taché case. Even a freight trai looks adorable when reduced t matchbox (1/220) scale. Freigh train set (engine, 4 cars, 10 piece of track, powerpack with trans former) $122.50 including insu ance. Passenger train set (same bu with 3 longer cars) is also $122.5 By Marklin. From Gifts For Men

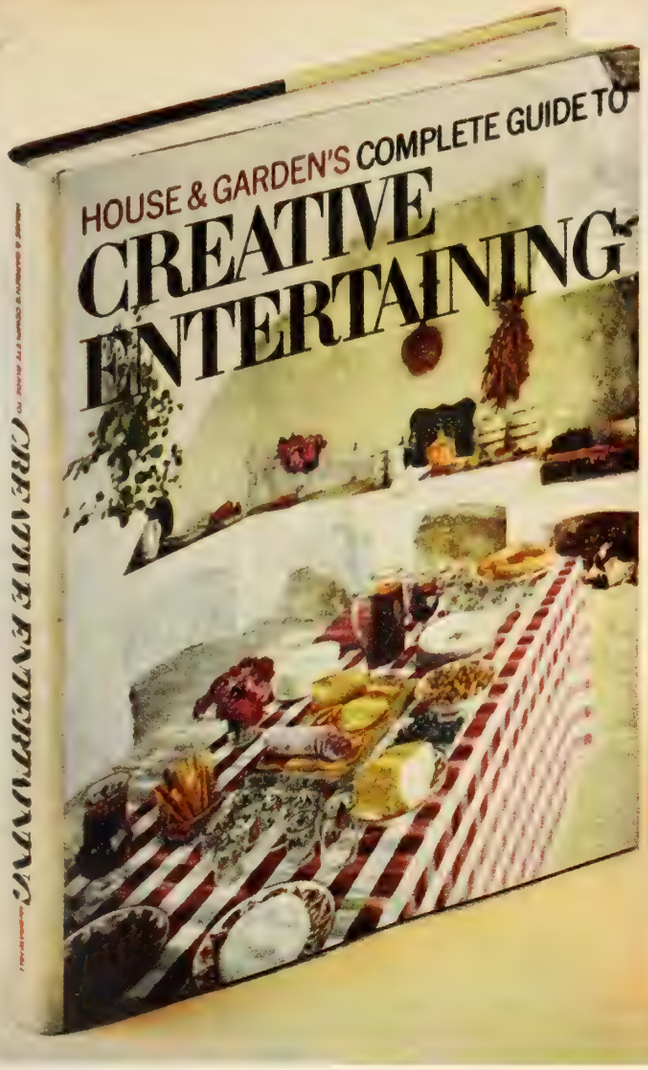
Beautiful jigsaw puzzles true t two 19th-century lithographs b Fitz Hugh Lane—an opalescen sunset on sailing ships in "Bosto Harbor" or "The National Lancer . . . on Boston Common"—are $ each plus postage ($1.50, $2.25, o $3 depending on distance). Ove 500 pieces. From The Museun Shop at The Museum of Fine Arts Boston. Catalogue 50¢.

Remember the fancifully illus trated "children's" books with the kinds of drawings you could pore over for hours? Now hundreds of drawings are subtly reproduced on stationery and posters by The Green Tiger Press. Folded note cards with hand-tipped plates include Arthur Rackham's Christmas Box (#NB4, 3 designs, 10 cards, $5), Rackham's Wind in the Willows Box (#NB18, 6 different cards, $3), Beatrix Potter's Mouse Box (#NB19), Rabbit Box (#NB20), Animal Box (#NB21) —each with 10 different cards. $3.50. Calendars too pretty to write on include "The Green Tiger Calendar," 8½ inches wide, 19 long, $6. For orders under $12 you pay United Parcel charges. Illustrated catalogue is 50¢. Introductory package of stationery, bookmarks, seals is $4 plus postage.

The most delicious **smoked chicken** you'll have to taste to believe comes from Menuchah Farms SmokeHouse. The recipe's adapted from a family recipe over 200 years old, and the animals are raised on a totally organic diet, the meat cured in brown sugar, honey, apple juice, and salt, then slowly smoked over an applewood fire. No extra chemicals or preservatives enter in anywhere. One chick-

Continued on page 72

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Successful Entertaining

IS HOSPITALITY FROM THE HEART...

Our big, beautiful HOUSE & GARDEN'S COMPLETE GUIDE TO CREATIVE ENTERTAINING brings you all the practical planning and budget-watching your imaginative hospitality requires...to assure your success!

CREATIVE TABLE SETTINGS
How to build a table-setting wardrobe
Imaginative Centerpieces . . . Diagrams of table-settings
HOW TO PLOT A SMOOTH PARTY COURSE
HOW TO KEEP A PARTY LOG
SIX POPULAR PARTIES
Beautiful Breakfasts . . . The Luncheon Party
The Bountiful Buffet . . . The Gala Little Dinner
Tea or Coffee Anytime . . . The Versatile Cocktail Party
A NEW PARTY PATTERN
Dining all over the house . . . how to make space
CHILDREN: ENTERTAINED, ENTERTAINING
HOW TO TURN ON YOUR BIG PARTY
GREAT WEEKENDS FOR GUESTS
DROP-OF-A-HAT INVITATIONS
OPEN-SKIES ENTERTAINING
HOLIDAY PARTIES AND DECORATIONS
THE SUMPTUOUS ART OF GARNISHING
YOUR LIQUID ASSETS: SOME BASICS
Choosing and storing Wine
Pussyfoot drinks for teetotallers
HOW TO PLAN MEMORABLE MENUS
MORE THAN 400 PHOTOGRAPHS; 128 FULL-COLOR PAGES

You are most cordially invited to discover **all** that

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(about $75) and the slightly smaller "Classic 146" (about $65). Each has a black plastic barrel and cap and a 14-karat gold point in your choice of one of seven thicknesses, giant ink capacity and ink supply window. Imported from Germany by Koh-I-Noor Rapidograph. At fine department and art supply stores across the country.

Wishes come true—investment presents

Ring in the New Year with **a grandfather clock** you'll get pleasure from for years and years. There's something so delightfully tangible about time when you can see clockworks working, so all's-right-with-the-world to hear chimes every quarter hour. Pearl Clocks have Black Forest chain-wound, weight-driven movements, brass weight shells and pendulum bobs, and eight Westminster chime rods each. In oak, pine, pecan, and cherry, with handrubbed, distressed finishes. "The Old Bedford," for example, is American Colonial inspired with a bro arch pediment and finial on bonnet, arched door and bo overlay panels. 72 inches tal cherry veneer, about $300 no cluding shipping. For the nearest you write Pearl Clo P.O. Box 6290, Pearl, Miss. 39

A gift of music really "gather round and be merry," a Christmas present that can l lifetime is a precision-made pi A particularly good value is a K ball piano, and there's a wide ra of spinets, consoles, and gr pianos to choose from. For de nearest you write Kimball Pian Organ, P.O. Box 460, Jasper, 47546.

Perhaps the most fabulous p ent of all, a specially commissio reinterpretation in 18-karat gr gold of the 2nd-century bro **"Flying Horse of Kansu"** made such a stir at museums year. 11 inches long, 7¼ inc high, with hollow body and b solid legs. About $25,000. Sub to prior sale. From Sakowitz. ■

ALL PRICES APPROXIMATE. POSTPAID EXCEPT WHERE INDICATED.
FOR SOURCES AND STORE ADDRESSES, SEE PAGE 74.

For armchair shopping

continued from page 70

en (2½ to 3 lbs.) is $8.80 from Sakowitz. Allow 2 weeks' delivery time. After January 1st smoked sausage, country ribs, turkey, duck, and geese will also be available. For price list write Menuchah Farms SmokeHouse.

Travel finds! **Easy-packing suitcases that are easy on clothes**—Basically garment bags that zip up into easy-to-carry suitcases, these come in some of the subtlest vinyl colors we've seen. The underseater "CarryOn" holds one or two suits or dresses on your hangers, is about $55. The "CarryAll" holds four or five hangers' worth, plus shirts, blouses, and such, that you pack in the fold-up insert that goes in just before you zip up the bag; about $75. "SidePak" totebag, about $40. (Prices do not include shipping.) In blue, brown, white, or tan, each with a cushiony handle and webbing in a darker shade of the same color. From the new Travel Bureau line by Samsonite.

For someone who seems to have everything

The ultimate guest book must be a blank book with cork cover and pages (about sixty of them). It'd be equally smashing as a commonplace book, handwritten collection of poems, or an album for sepia photographs. 6½ by 5 inches, $36.75 from Sakowitz.

A leather letter portfolio, 9½ by 7 inches, from England that folds up to become a **lap desk** is $62. **If you're at the end of your lasso** a "10-gallon" wine jug. It's only 40 ounces in capacity but it's got a miniature ten-gallon hat for the chrome stopper. $22. Both from Sakowitz.

A pewter platter inscribed with **The Declaration of Independence,** including signatures, 15 inches in diameter, by Towle, is $60 plus postage (5 lbs.) from Jordan Marsh.

Great for **car picnics** at football games and the like, four individual placesetting trays sectioned off for sandwiches, potato chips, salad, dessert, what have you. Each 15-by-12-inch tray has its own plastic utensils, glass (and a "hole" to hold it steady), cover. Trays stack and strap for traveling. "Pac-A-Pic" is $35 plus postage (12 lbs.) from Abercrombie & Fitch (9th floor).

If you love **smooth, expressive handwriting,** you'll love Mont Blanc fountain pens. Two distinctive models—especially generous in size—that exude European good looks are the "Diplomat 149"




12
1801
Now you have the glass to put it in.
The Great American Lead Crystal by Fostoria
We've been working on your crystal for 88 years.
Shown: STRATTON pattern. Fostoria Glass Company, Moundsville, W. Va. 26041

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Clean your carpets from deep under! Choose the Royal upright or mini cleaner. Both have Royal's penetrating, deep cleaning brush action. Or select a Royal high suction tank cleaner. Your choice depends on your particular need. Whichever you choose, you'll enjoy the easiest, most efficient cleaning available. Attachments for all models.

Royal cleaners age beautifully. Three generations attest to that. Consult the yellow pages for your local Royal dealer or write us. Royal Appliance Mfg. Co., 650 Alpha Drive, Highland Heights, Ohio 44143.

Royal

Store directory

Addresses of stores, mail-order firms, and other sources for our Christmas presents (pages 61 to 72 and 110 to 117)

ABRAHAM & STRAUS, 420 Fulton St., Brooklyn, N.Y. 11201

ABERCROMBIE & FITCH, 360 Madison Ave., New York, N.Y. 10017

ALFRED DUNHILL OF LONDON, 620 Fifth Avenue, New York, N.Y. 10020

ARANGO, INC., 7519 Dadeland Mall, Miami, Fla. 33156

ARGUS RADIO, 507 E. 80th St., New York, N.Y. 10021

ARTOGRAPHY, 846 Seventh Ave., New York, N.Y. 10019

AZUMA, 415 Fifth Ave., New York, N.Y. 10018

BAEKGAARD, LTD., 1855 Janke Drive, Northbrook, Ill. 60062

B. ALTMAN & CO., 361 Fifth Ave., New York, N.Y. 10016

BACCARAT, 11 E. 57th St., New York, N.Y. 10022

BERGDORF GOODMAN, 754 Fifth Ave., New York, N.Y. 10019

BLOOMINGDALE'S, Lexington Ave. at 59th St., New York, N.Y. 10022

BONWIT TELLER, 721 Fifth Ave., New York, N.Y. 10022

BRAN-NEU, 8383 Wilshire Blvd., Beverly Hills, Cal. 90211

BRENTANO'S, 586 Fifth Ave., New York, N.Y. 10036

BRIAN CONSIDINE, CABINETMAKER, Post Mills, Vt. 05058. Catalogue 50c

BRISKER PRODUCTS, 2343 Gilbert Ave., Cincinnati, Ohio 45206

CANTITOE CORNERS, 36 W. 20th St., New York, N.Y. 10011. By appointment only, call (212) 929-5977

CARDEL LTD., 615 Madison Ave., New York, N.Y. 10022

CARL'S HOUSE OF SILVER, 86 W. Palisade, Englewood, N.J. 07631

CARREN PORCELAINS, 4341 Lovers Lane, Dallas, Tex. 75225

CARSON PIRIE SCOTT, State Madison & Monroe Sts., Chicago, Ill. 60603

CASWELL-MASSEY, Catalogue Order Dept., 320 W. 13th St., New York, N.Y. 10014. Catalogue, $1. Store: 518 Lexington Ave., New York, N.Y. 10017

CHATHAM BLANKETS, 111 W. 40th St., New York, N.Y. 10018

COLONIAL WILLIAMSBURG CRAFT HOUSE, Williamsburg, Va. 23185

COLONIAL WILLIAMSBURG PRENTIS-TAPLEY'S STORES, Williamsburg, Va. 23185

COMPLACENT COOK, Bridgehampton, N.Y. 11932

CONDÉ NAST BOOKS, Box 3308, Grand Central Station, New York, N.Y. 10017

CONTINENTAL QUILT SHOP, 235 E. 51st St., New York, N.Y. 10022

CRATE 'N BARREL, 1510 N. Wells, Chicago, Ill. 60610

CYBIS, Dept. HG, 65 Norman Ave., Trenton, N.J. 08168

DESIGN RESEARCH INTERNATIONAL, 53 E. 57th St., New York, N.Y. 10022

DIANE LOVE, 851 Madison Ave., New York, N.Y. 10021

DINOFFER LUGGAGE STYLISTS, 24 W. 57th St., New York, N.Y. 10019

DIVERSIONS, 905 Madison Ave., New York, N.Y. 10021

DUNDEE MILLS, 1075 Ave. of the Americas, New York, N.Y. 10018

EDDIE BAUER, 1737 Airport Way S., Seattle, Wash. 98134

ELDER CRAFTSMEN, 850 Madison Ave., New York, N.Y. 10022

ERICA WILSON NEEDLE WORKS, 717 Madison Ave., New York, N.Y. 10021

FABRICATIONS, 240 E. 58th St., New York, N.Y. 10022

FORTUNOFF, 124 E. 57th St., New York, N.Y. 10022

FREDERICK WARNE & CO., 101 Fifth Ave., New York, N.Y. 10003

FROSTLINE KITS, Dept. HGE 15, 452 Burbank, Broomfield, Col. 80020

GIFTS FOR MEN, 265 Peachtree St., N.E., Atlanta, Ga. 30303

GINORI FIFTH AVENUE, 711 Fifth Ave., New York, N.Y. 10022

GOLDBLATT'S, 333 S. State St., Chicago, Ill. 60604

GOLDEN DOLPHIN, Box 776, Tulsa, Okla. 74114

GOLDSMITH BROTHERS, 77 Nassau St., New York, N.Y. 10038

GOLDWATER'S, 3100 N. Central Ave., Phoenix, Ariz. 85012

HAMMACHER SCHLEMMER, 147 E. 57th St., New York, N.Y. 10022

HARCUS, KRAKOW, ROSEN, SONNEBORN GALLERY, 7 Newbury St., Boston, Mass. 02216

HAROLD'S PLACE, 420 Bedford Dr., Beverly Hills, Cal. 94710

HECHT COMPANY, 7th & F Sts., Washington, D.C. 20004

HENRI BENDEL, 10 W. 57th St., New York, N.Y. 10019

HIGBEE'S, 100 Public Square, Cleveland, Ohio 44113

HITACHI SALES CORP. OF AMERICA, Artesia Blvd., Compton, Cal. 90220

HOFFRITZ FOR CUTLERY, 20 Cooper Square, New York, N.Y. 10003

HUTZLER'S, 212 N. Howard St., Baltimore, Md. 21201

JACCARD'S, 22 Petticoat Lane, Kansas City, Mo. 64106

JARDINIERE, 41 William St., Greenwich, Conn. 06830

J.D. BROWNE, Ghirardelli Square, San Francisco, Cal. 94109

JEAN-JACQUES BLOOS LTD., 1025 Lexington Ave., New York, N.Y. 10021

JELLY MILL TOO, Rt. 7, Manchester, Vt. 05254

JENNEY B. GOODE, 1194 Lexington Ave., New York, N.Y. 10028

JOHN WANAMAKER, 13th & Market Sts., Philadelphia, Pa. 19101

JORDAN MARSH & CO., 450 Washington St. at Auchincloss, Boston, Mass. 02118

JOSKE'S, Box 26735, Houston, Tex. 77032

LA PROVENCE DE PIERRE DEUX, 3 Bleecker St., New York, N.Y. 10014

LA TIENDA, 251 E. 52nd St., New York, N.Y. 10022

LEDERER OF PARIS, 711 Fifth Ave., New York, N.Y. 10022

LITTLE ELEGANCE, 1480 Willowbrook Mall, Wayne, N.J. 07470

LORD & TAYLOR, 424 Fifth Ave., New York, N.Y. 10018

MACY'S, Herald Square, New York, N.Y. 10001

MARBLEHEAD HANDPRINTS, 86 Washington St., Marblehead, Mass. 01945. Catalogue/Swatch book 50c

MARE'S NEST, Salisbury, Conn. 06068

MARSHALL FIELD & CO., 111 N. State St., Chicago, Ill. 60690

MAY D & F, 16th & Tremont Place, Denver, Col. 80202

MEIER & FRANK, 621 S.W. Fifth Ave., Portland, Ore. 97204

MENUCHAH FARMS SMOKEHOUSE, Dater Rd., West Hebron, Granville, N.Y. 12850

METROPOLITAN MUSEUM OF ART, Dept. FHG, 225 Gracie Station, New York, N.Y. 10028

MUSEUM OF FINE ARTS, Boston, Mass. 02115. Catalogue 50c

NANTUCKET LOOMS, 16 Main St., Nantucket, Mass. 02554

NEIMAN-MARCUS, Main & Ervay Sts., Dallas, Tex. 75201

NEW YORK BOTANICAL GARDEN GIFT SHOP, Bronx, N.Y. 10458

NEW YORK PUBLIC LIBRARY SALES SHOP, Fifth Ave. at 42nd St., New York, N.Y. 10036

NORMAND MAXON, 167 E. 61st St., New York, N.Y. 10021

OF KITCHEN THINGS, 142 Spruce St., Cedarhurst, N.Y. 11516

Continued on page 7

They'll look just as great in your house as in The White House.



When the folks at 1600 Pennsylvania Avenue went looking for beautiful patchwork decorations to deck the White House halls, they found just what they were looking for at Blue Ridge Cottage Industries (world's largest supplier of quality handmade American crafts).



Patchwork Wreath. (20" in diameter by 5" thick.) Our puffy patchwork wreath will make a charming, disarming addition to your front door, hall, or hearth. $20 each.



Patchwork Tree Ornaments. (3½" diameter.) Brighten up some branches with a few patches of patchwork. $12 the set of six.



Patchwork Stocking. (21" tall.) Fully-lined and ready to be loaded for years to come with all kinds of Christmas love. $12 each.



Patchwork Tree. (34" tall x 18" wide x 3" thick.) This award winning craft design will win you compliments wherever you decide to hang it. $20 each.

Enclosed is my check or money order (no cash, please.) Please send the following items.

_____ Patchwork Wreaths $20 ea. $_____
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_____ Patchwork Stockings $12 ea. $_____
_____ Patchwork Ornaments $12 set $_____
($1.50 Handling Charge) _____
Total Enclosed $_____

Name _____

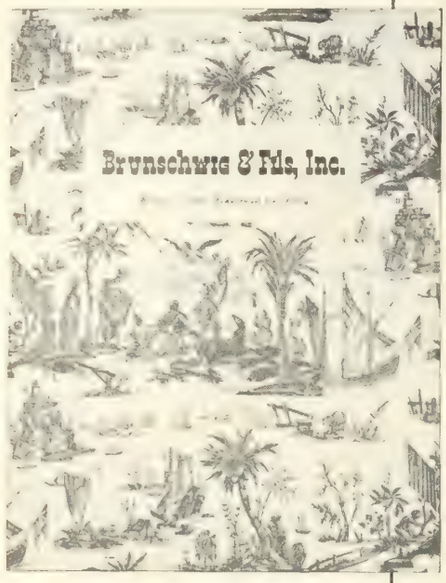
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City, State _____

Blue Ridge Cottage Industries
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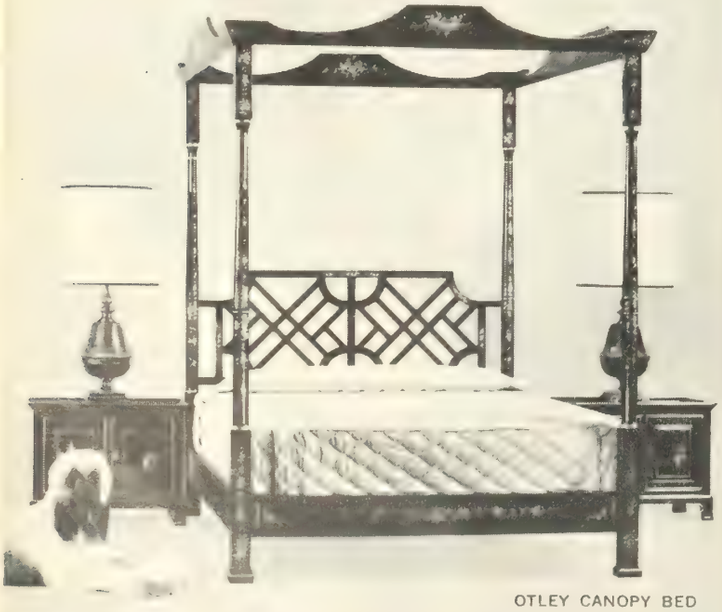
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Store directory *continued from page 74*

ORIENTAL LAMP SHADE, 810 Lexington Ave., New York, N.Y. 10022
PEARL CLOCKS, Box 6290, Pearl, Miss. 39208
PERIOD HARDWARE FURNITURE, 123 Charles St., Boston, Mass. 02114
PLUMBRIDGE, 33 E. 61st St., New York, N.Y. 10021
POSTER ORIGINALS LTD., 16 E. 78th St., New York, N.Y. 10021
POTTERY BARN, 231 Tenth Ave., New York, N.Y. 10011
PUCKIHUDDLE PRODUCTS, Oliverea, N.Y. 12462
ROCKWELL INTERNATIONAL. For nearest store call toll free: (800) 243-6000; in Connecticut, (1-800) 882-6500
ROYAL COPENHAGEN PORCELAIN, 573 Madison Ave., New York, N.Y. 10022
SAKOWITZ, 111 Main St., Houston, Tex. 77022. Catalogue $1, refundable with first purchase
SAKS FIFTH AVENUE, 611 Fifth Ave., New York, N.Y. 10022
SEABON SCANDINAVIAN IMPORTS, 54 E. 54th St., New York, N.Y. 10022
SEARS ROEBUCK & CO., 4640 Roosevelt Blvd., Philadelphia, Pa. 19132
SETTEBELLO LTD. CERAMICA, 835 Madison Ave., New York, N.Y. 10021
SHAKER WORKSHOPS, 14 Bradford St., Concord, Mass. 01742
SHERRY-LEHMANN, 679 Madison Ave., New York, N.Y. 10021
SHREVE, CRUMP & LOW, 330 Boyleston St., Boston, Mass. 02116
SIGNIFICANCE 2, 75 N.E. 39th St., Miami, Fla. 33137
SKIL CORP., 5033 Elston Ave., Chicago, Ill. 60630
STEPHEN W. PARKER, BLACKSMITH, Box 40, Craftsbury, Vt. 05826
STRAWBRIDGE & CLOTHIER, Box 358, Market & 8th Sts., Philadelphia, Pa. 19105
THE APARTMENT STORE, 457 Park Ave. South, New York, N.Y. 10016
THE BROADWAY, 3880 N. Mission, Los Angeles, Cal. 90031
THE EMPORIUM, 835 Market St., San Francisco, Cal. 94103
THE FRENCH GARDEN CO., Chicken Hill, Nantucket, Mass. 02554
THE GAZEBO OF NEW YORK, 25 E. 55th St., New York, N.Y. 10022
THE GREEN TIGER PRESS, 3620 Fifth Ave., San Diego, Cal. 92103
THE HORCHOW COLLECTION, Dept. 02184, Box 34257, Dallas, Tex. 75234. To order by credit card call: (800) 527-4535; in Texas call collect (214) 233-9541
THE PATCHWORKS, 147 E. 72nd St., New York, N.Y. 10021
THE PEQUOD EMPORIUM, Box 776, Amagansett, N.Y. 11930
THE VERMONT COUNTRY STORE, Weston, Vt. 05161. Catalogue 25c
THE WORKBENCH, 470 Park Ave. South, New York, N.Y. 10016
THOMAS LONG CO., 46 Summer St., Boston, Mass. 02110
THOMASTON MILLS, 1450 Broadway, New York, N.Y. 10018
TIFFANY & CO., 727 Fifth Ave., New York, N.Y. 10022
UNITED NATIONS GIFT CENTER, UN HEADQUARTERS, New York, N.Y. 10007
WALDEN BOOK CO., 59 W. 44th St., New York, N.Y. 10036
WHITE FLOWER FARM, Litchfield, Conn. 06759. Catalogue $4, refundable with first $15 order
WILLIAMS-SONOMA, 576 Sutter St., San Francisco, Cal. 94102
W & J SLOANE, 414 Fifth Ave., New York, N.Y. 10018
WOODWARD & LOTHROP, 11th & 9th Sts., Washington, D.C. 20013
WOOLWORKS, 783 Madison Ave., New York, N.Y. 10021

Montreal *continued from page 53*

marks where they are: maple sugar, cider, blueberries, homemade bread, cheese, chocolate.

More information: Montreal could never be called stingy with its tourist information. Write to any of the principal tourist bureaus and you will be inundated.

Department of Public Relations, City of Montreal, City Hall, Montreal, Canada.

The Tourist Information Division, Department of Tourism, Hunting and Fishing, Parliament Bldgs., Quebec, Can. G1A 1R4 (or, 2, place Ville-Marie, Montreal).

How to get there: Air Canada, Allegheny, Delta, Eastern, Nordair, and C.P. Air all fly in to Montreal. Pilgrim, a commuter airliner based in Connecticut, has just initiated non-stop service.

Amtrak has one-train-a-day service from New York City. From other parts of the U.S., make connections with Canadian National or Canadian Pacific Railways.

You can get there by Greyhound bus.

The "Lowell Thomas Discoverer," a Midwest Cruises ship, sails every other Saturday, May through September, from Chicago up Lake Michigan, through the Mackinac Straits, Lakes Erie and Ontario, and down the St. Lawrence Seaway to Montreal, stopping along the way. Alternate Saturday sailings from Montreal. Midwest Cruises, 6101 North Keystone, Indianapolis, Ind. 46220.

If you are driving, the main route north is the Northway, Interstate 87 through the Adirondack Mountains of New York State. Montreal is just 25 miles north of the New York border, 385 miles from New York City.

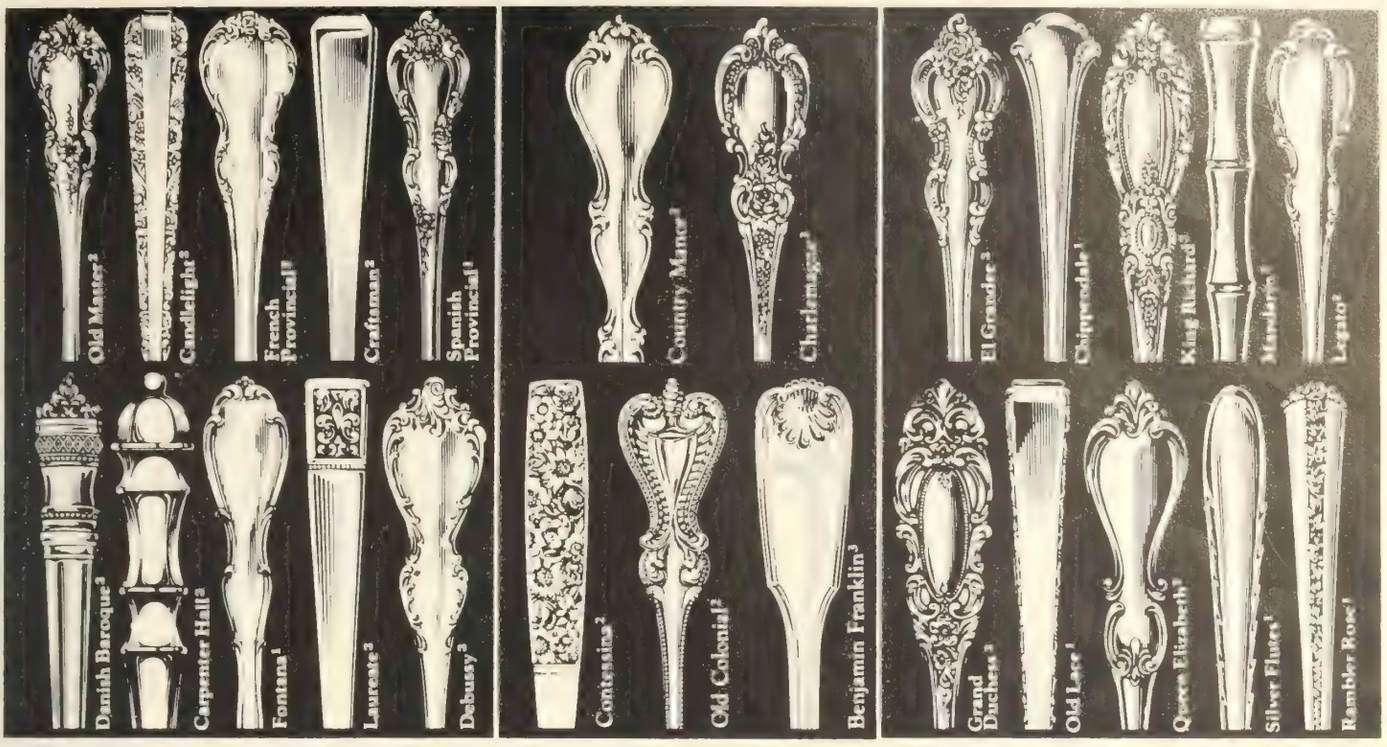
The border crossing is perfunctory—we had proof-of-citizenship with us, but it was never requested—and the customs agents are pleasant. Changing money is rarely a problem. Summer temperatures are in the 70s; in January it's 10 to 23 degrees, and there is almost always snow.

Manuscripts

House & Garden assumes no responsibility for unsolicited manuscripts, photographs, drawings, house plans, or uncommissioned material. Material submitted must be accompanied by return postage or a self-addressed, stamped envelope.

30% off on Towle Sterling

(THESE ARE FEBRUARY 1974 PRICES GOOD FOR A LIMITED TIME ONLY)



ITEM	GROUP I REG.	GROUP I SALE	GROUP II REG.	GROUP II SALE	GROUP III REG.	GROUP III SALE
32 Piece Serv. For Eight	$880.00	$616.00	$1004.00	$702.80	$1128.00	$789.60
Teaspoon	20.00	15.00	23.50	17.62	27.00	20.25
Place Fork	32.00	24.00	36.00	27.00	40.00	30.00
Place Knife	30.00	22.50	34.00	25.50	38.00	28.50
Salad Fork	28.00	21.00	32.00	24.00	36.00	27.00
Place Spoon	28.00	21.00	32.00	24.00	36.00	27.00
Spreader	20.00	15.00	23.50	17.62	27.00	20.25
Iced Bev. Spoon	25.00	18.75	29.00	21.75	33.00	24.75
Place Fork, Large	41.00	30.75	46.50	34.87	52.00	39.00
Place Knife, Large	36.00	27.00	40.00	30.00	44.00	33.00

SERVING PIECES

ITEM	GROUP I REG.	GROUP I SALE	GROUP II REG.	GROUP II SALE	GROUP III REG.	GROUP III SALE
*Butter Serving Knife (H.H.)	$ 25.00	$ 18.75	$ 27.50	$ 20.63	$ 30.00	$ 22.50
*Cold Meat or Buffet Fork	58.50	43.87	64.00	48.00	69.50	52.13
*Gravy Ladle	58.50	43.87	64.00	48.00	69.50	52.13
Pie or Cake Serving Knife	30.00	22.50	35.00	26.25	40.00	30.00
*Sugar Spoon	29.50	22.13	32.00	24.00	36.00	27.00
*Tablespoon	53.50	40.13	60.00	45.00	66.50	49.88
*Tablespoon, Pierced	53.50	40.13	60.00	45.00	66.50	49.88
*Hostess Set	$278.50	$208.88	$307.50	$230.63	$338.00	$253.52

Partial listing only above. Complete sale price list available upon request.

Due to rising cost of silver bullion, all prices are subject to change.



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Outstanding opportunity to start or complete your sterling at great savings. Thirty percent off the 32-piece service for eight (includes 8-each place knife, place fork, teaspoon, salad fork). Plus twenty-five percent off on all open stock pieces.

Order direct during this special offer event and while silver is still at 1974 prices.

Carter's is one of America's largest and most respectable silver dealers.

24 MONTHS TO PAY Without finance charges.

You can buy your Towle Sterling on our Silver Club Plan. Nothing down. 24-equal monthly payments ($5 min.). The deferred payment is the same as the cash price. The cost of credit is included in the price quoted for the goods and services.

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Please ship me the following TOWLE STERLING using the payment plan indicated.

Pattern Name _____

No. of Pcs.	Name of Piece	Unit Price	Total Price
_____	of _____	@ $ _____ each	$ _____
_____	of _____	@ $ _____ each	$ _____
_____	of _____	@ $ _____ each	$ _____
_____	of Hostess Set	@ $ _____ each	$ _____

Name _____

Address _____

City _____ State _____ Zip _____

☐ Check enclosed for the full amount, Miss. residents add 5% tax, or choose one of the following methods of payment.

☐ Charge my account number _____

☐ Master Charge No. _____

☐ BankAmericard No. _____

☐ American Express No. _____

☐ I wish to pay on the Silver Club Plan

(Fill in following information only if you are using Silver Club Plan)

Credit References _____

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To: David Skalka, Vice President, Victor Stanley, Inc., Dunkirk, Maryland 20754
Please send me a free color catalog and the name of your nearest authorized Slumber/Seat® dealer.

Name
Address
City ..... State ..... Zip

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Telephone: A.C. 301/257-7578 11-75



"It is vital to preserve our townscapes, our landline to the ordered harmony of the past"

Man-made landscapes *continued from page 58*

and appreciated it.

"Portsmouth has just had its 350th anniversary, when more people than ever came to this city," says City Planning Director A. Robert Thorenson. "I think we ought to make the effort and show off the best points we have." Other local support came from leading businessmen such as Harold and Sam Jarvis, owners of Jarvis restaurant. They have replaced a large marquee with a small gold-lettered sign and put up several flower boxes. Three wrought-iron pieces from the 19th century were discovered under the marquee.

"To make the area attractive, you have to be attractive yourself," says Harold Jarvis. "I finally realized how garish that 1930s' façade looked after examining a picture of what the building looked like in 1895. I was amazed at how many people went out of their way to compliment me on the new look," he adds. Fired by the Vision people's enthusiasm, the people of Portsmouth are rediscovering the beauty and harmony of their town and are on their way to creating a new sense of identity, combining past and present, in a prospering community. "I've never seen the town look this way before," is what you hear these days in Portsmouth.

Similar projects have been initiated in Exeter, N.H., and Bellows Falls, Vt., where the Vermont Natural Resources Council, a statewide conservation organization, is sponsoring demonstration townscape conservation projects. Seward Weber, its executive director, says, "It's the first time that a conservation organization like ours, which has historically been occupied with the interests of the natural environment, is stepping into a new role—conservation of the man-made environment—which is just as important." Vision is also working on projects for York, Maine, Oyster Bay and Great Neck, N.Y., Warren, R.I. and as far across the country as Oregon and Arizona.

The Bicentennial is now upon us, and much attention is being paid to the restoration of old buildings, the marking of historic sites, and the celebration of the role of early towns. This commemoration is a perfect opportunity to bring in new visual standards for the man-made environment. "The visual environment is really an indicator of the *care* in society," says Mr. Fleming. "It's demonstrating the act of love. And if you look at it that way, it takes on much greater importance. If you begin to plant trees, to enhance the places where people live, you're giving them a sense of hope—flowers and trees are evidence that a society cares. If you can get people involved with their land and their houses, the strength from that caring will help them in the larger struggles. The good will is there waiting to be harvested."

What you can do to help improve the visual quality around you

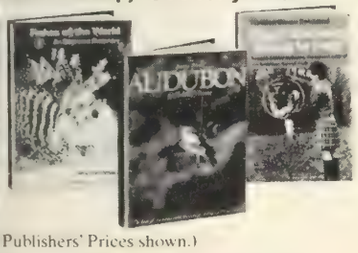
1. Become more visually sensitive to your surroundings. Notice the position of roadside and town signs. Do they conceal an old building? Notice parking lots or gas stations. Could flowers be planted there? Might a row of trees or a low wall improve them? Look at the lighting. Could less neon and more soft floodlighting improve the look of your town at night?
2. Find out whether your town or city has a Design Review Board—a local panel that sets up criteria for scale, use of materials, siting, signing, landscaping, and lighting. About 3,000 cities and towns—a small number, but growing rapidly—now have some form of design review. Has yours?
3. Encourage your community to conserve the beauty of the townscape. Have a visual consciousness-raising session. Local pressure can instigate Visual Environment Projects such as the one in Portsmouth, or visual consultations such as that in York, Me. These are examples of what *can* be done.
4. Have a "plant-in" as Ronald Lee Fleming did in Cambridge or Lady Bird Johnson did in Washington. Find an ugly area and plant daffodils. The transformation will delight everyone and encourage more ideas—and the daffodils return each year!
5. Write to Ronald Lee Fleming at Vision, Inc., 2 Hubbard Park, Cambridge, Mass. 02138, for advice. He and his staff will be happy to suggest methods to enhance visual quality and prevent visual pollution in your area. (The team has a slide show, with "before" and "after" examples of design review, which travels all over the country, and could come to your town.) ■



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When a set of this bronze cutlery came in for photography, everyone who saw it felt as I did, that its warmth and understated lustre looked classical and infinitely more expensive than the actual price"

Sheila Black, The London Times 16.1.75.

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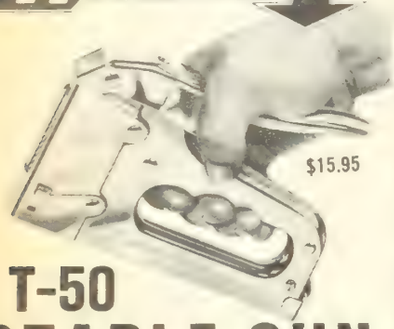
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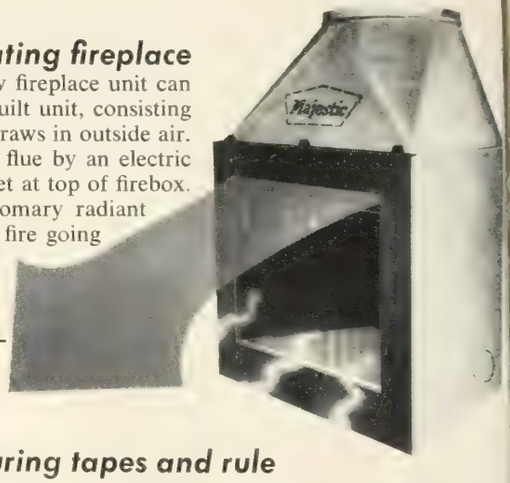
HOME IMPROVEMENT IDEAS FOR

The House Fixer

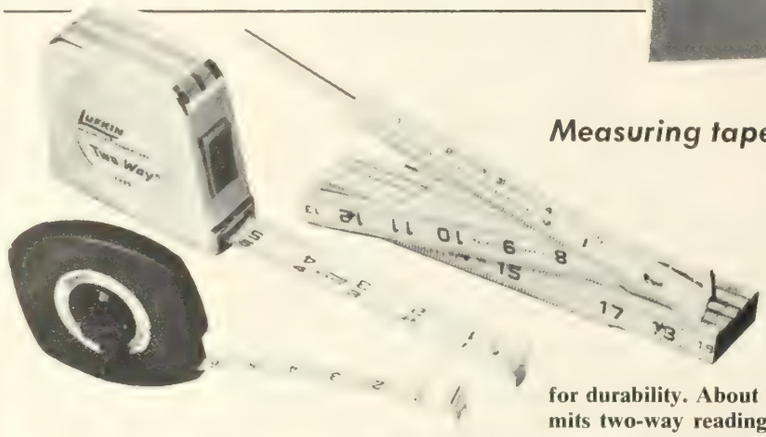
By Will Morris

New heat-circulating fireplace

Instead of wasting heat by sending it up the chimney, this new fireplace unit can project warmed air into a room. The wood-burning, factory-built unit, consisting of a triple walled steel firebox and flue, has an air intake that draws in outside air. With the fireplace lighted, air is circulated around firebox and flue by an electric blower fan, warmed, and expelled into the room via an air outlet at top of firebox. With the warm-air outlet closed, the fireplace produces customary radiant heat from the fireplace. Opened by a pull chain, and with the fire going and blower fan on, the fireplace delivers warm-air heat. By installing ducts and grilles the heat can be circulated to adjoining rooms as well. The Majestic Co., Huntington, Ind. 46750.



Measuring tapes and rule

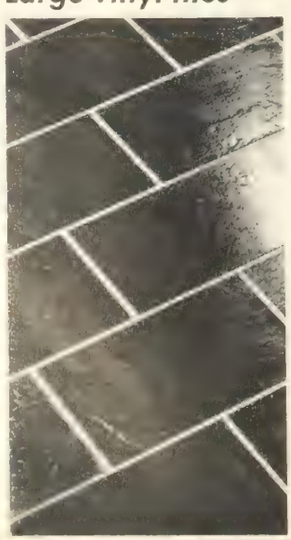


Essential for any accurate do-it-yourself work is a good measuring tape or rule. These three fill any need. The 6-foot wood rule, top, has a narrow 6-inch brass extension that pulls out. It will take measurements in tight areas the wider rule can't reach. The wood rule has its markings embedded in the wood with a clear epoxy coating for durability. About $6. The 25-foot steel tape, center, permits two-way reading of measurements—from left to right along one edge, from right to left on the other. This tape has a locking device to hold it open at any place; it glides back into the chrome case when released. About $9. A 100-foot-long steel tape, bottom, is bright yellow in a plastic case. An end hook holds it open while you are measuring; a foldaway handle permits easy rewinding. About $8. Lufkin, Box 728, Apex, N.C. 27502.

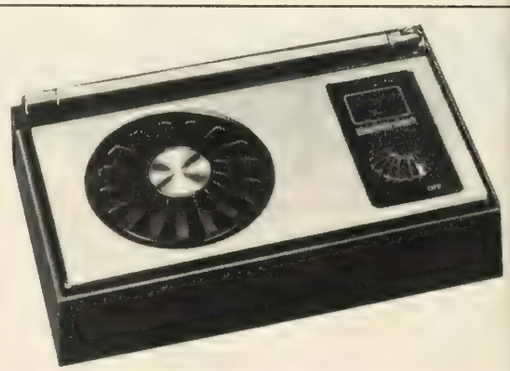
Wallpaper remover

To take off old wallpaper more easily, a new stripper, Dif, combines a wetting agent and solvents with enzyme action. The solution tends to soften or liquefy inks in a paper, keeps the paper wetter longer and thus permits the enzymes to dissolve the paste holding the paper. To use it, a bottle of the stripper is mixed with a 2-gallon bucket of hot tap water (140° F) and an accompanying packet of powder. It is applied with sponges or sponge mops or a garden pressure sprayer. To remove washable, vinyl, foil-laminated or painted papers, sandpaper or abrade them first. A 1-pint-6-ounce bottle, sufficient for a 24-by-15-foot room, is $3.49. A booklet *How to Remove Old Wallpaper* is free from the manufacturer, William Zinsser & Co., Inc., 39 Belmont Drive, Somerset, N.J. 08873.

Large vinyl tiles



Tiles in 18-by-12-inch rectangles and 18-inch squares are solid vinyl in a Barre slate pattern. Copied from real slate, they have its figuration and character. Unlike the square tiles, the rectangular shape can be laid in a variety of patterns, as brick can—random, basketweave, herringbone, ashlar—and comes in plum, blue, green, and red. Nonporous, they resist stains and grease and are fire resistant as well. $2 to $2.15 per square foot installed. Kentile Floors, 58 Second Ave., Brooklyn, N.Y. 11215.



Weather alert radio

A radio, equipped with a siren to warn you of possible hurricanes, tornadoes, threatening snow or thunderstorms, is new security equipment. Triggered by a signal from the local U.S. Weather Service transmitter, it sets off a siren to alert you, followed by a broadcast report on the emergency, and a follow-up siren blast. The radio, which can receive within 40 to 50 miles of a transmitter, gets continuous weather reports, is adaptable to boat or car. An antenna kit (optional) extends reception to 80 miles. The 3-by-5-by-1¼-inch unit has a 2¼-inch-high speaker, comes in a hard wearing styrene case, and is solid state. AC-powered with a battery backup feature (in case of electrical failure it has an internal 30-hour battery). $39.95 ($2.50 additional for shipping and handling) from Weather-alert Co., 639 Dearborn St., Chicago, Ill. 60605.


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HI-TORQUE PERFORMANCE. Skil Cordless with self-contained power source, generates muscle to drill through heavy stock. Recharges overnight. Until you try it, you won't believe how much power the Skil Cordless has. So try it. Be convinced.
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Paper? Paint?

Before you put the work into fixing up a room, shouldn't you take the time to choose the best wall covering?

You could come unglued putting up wallpaper.
Wallpaper's okay for some rooms. Except perhaps in the playroom where you'll have trouble removing the crayon marks from the walls. Or in the bathroom where there's the problem of peeling. (Of course, you can always glue it back.)

And when wallpaper tears you can patch it, if you can just find a piece to match. And then there's the problem of putting up wallpaper. To say nothing of what happens when you redecorate and try to take it down.

The thing that's wrong with painting is repainting.
Now, a freshly painted room looks great. But if you have an older home you've probably already noticed that paint does nothing to solve the problems in the walls. Cracks or lumps are just as prominent after you paint as they were before.



t? Or Masonite® paneling?

And the sooner you paint a room the sooner you'll ave to paint it again. If you're going to do it your-lf, be prepared to spend a lot of time to do it right.

emember, kids are hard on walls.



hey like to write on walls. And bounce balls off walls. nd leave handprints around windows and doors. So hy not give them walls that are as tough as the tough-st kid on the block.

That's the kind of toughness you'll find in Masonite rand hardboard paneling. And ou'll find a lot more.

he advantages of wood—
ithout the imperfections.

Masonite brand paneling is nade from wood. And it gives ou the richly textured, three-limensional beauty of wood. ncluding woods that have ecome so rare they're almost navailable at any price. Mason-te hardboard insulates like vood too—against heat, cold nd noise. But unlike wood, Masonite brand paneling loesn't have knotholes, cracks r other imperfections.

You can finish a room once nd for all.

Once it's up, you're in great shape. Our hard Royalcote® inish takes a lot of punishment. Crayons wipe off. Footballs bounce off. And the timeless beauty of the look of wood never goes out of style.

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No paneling can offer you as much as Masonite brand paneling.

There are over 60 different Masonite panel designs. Some have smooth, glossy finishes; some have textures. Some give you a subtle, warm background for a room. Others make a dramatic accent. There are traditional wood colors, and contemporary yellows, blues, greens and reds.

So you shouldn't have a problem finding exactly what you want.

Don't put up with ordinary walls. Put up Masonite brand paneling.

No other wall covering can add so much lasting beauty to your home. And your Masonite dealer can give you the information to help you put your Masonite brand paneling up yourself. You'll find him in the Yellow Pages, under paneling.



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A HOMEMADE HOLIDAY

GIVING OF YOURSELF

Parties, people, presents, plans.
November tumbles headlong toward the holidays.
Gifts to give. What? To whom?
The most thoughtful, the most joyous and rewarding
thing is to give of your time and your talents.
This issue is full of people who love to do it,
and know how.
Famous chefs who gave a wedding party for a
colleague's daughter, page 96.
People who spend their time year-round in the
kitchen, cooking for Christmas, page 89.
Hosts and hostesses who decorate in different ways
for hospitality, page 100.
People who have discovered ways to entertain
without effort, page 99.
Presents to buy, to grow, to make, page 110.
All are ways to approach winter celebrations with
originality and excitement—
and to save money while you're doing it.
It takes time to give of yourself. Sometimes it takes
a lot of work. The person who receives
your gift knows. But you, who expressed your thought
with the work of your hands, who made it
valuable beyond price, may receive even more.

**For the doing has inspired
in you the love that
is the true spirit of Christmas.**

The law of living is giving
The nature of nature is giving
The clouds are giving rain
Trees are giving fruit
Earth is giving grain
Sun is giving warmth
Moon and stars are giving light
With gifts of nature's giving, we are living
To complete the cycle of living and giving
Let us give from our mind, hands and heart
To the world

Chitrabhanu
Indian philosopher

GIVING WITH A PERSONAL TOUCH



Parties and presents are best and most remembered when they come from your own heart and hands



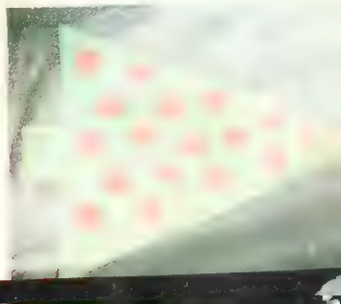
FROM ME, TO YOU

The air has a nip and the nights are sharp with stars and family and friends are suddenly warm in your thoughts. The Spirit of Christmas possesses you. You want to go off to the kitchen to work with bowl and wooden spoon, hands and imagination, to make something that is a gift of yourself.

"I make classics like fruitcake," says Françoise Barton, "and then I'll make a surprise, something different every year." Most of her gifts are edible, because she is fascinated with food and with cooking, but she also makes cosmetics, moisturizing creams with lots of vitamin E, perfumes, and sachets. "It doesn't take that much time," she says. "It can't. I have three young children." She loves to do it, and she always makes more than she really plans to give because, when she and her husband are invited to holiday parties, she likes to take a gift along. In fact, she is so wrapped up in Christmas that she teaches it, gifts to give and ways to present them, in her kitchen in California. When all the presents are piled under the tree, Mrs. Barton believes, friends ought to be able to tell which come from her. These presented here, *far left,* are special. The ceramic pots were designed for her by sculptor Franklyn Phillips.

Terrine Maison, tied up with twine and gingham, a long laurel leaf on top. Honey Bourbon Fruitcake baked in balls for generous, aromatic slices. Green Apple Chutney in a ceramic crock with a big cork. Recipes on page 131.

HENRY CLARKE



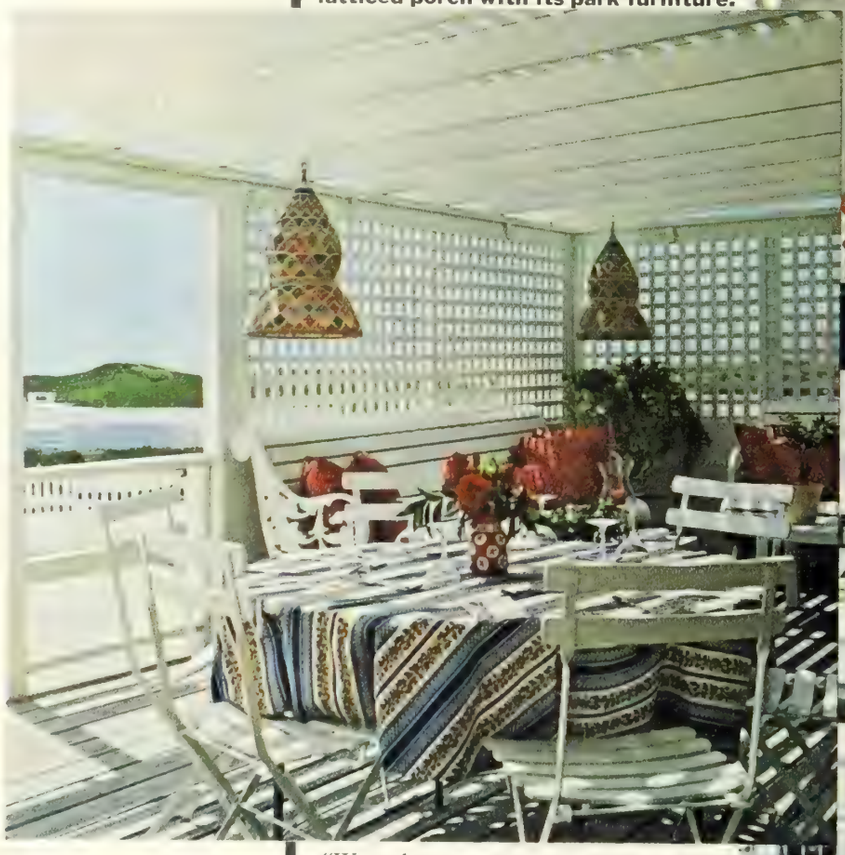
ENTERTAINING FRIENDS INFORMALLY

The sun is shining everywhere.
You are at the weekend house—
and you want
to give an impromptu party.
You invite friends
as you run into them,
and then you organize so well
that the dinner seems effortless.





Through a picket fence from beach to house. Often lunch is served on the latticed porch with its park furniture.





"We ask guests to come at seven so they'll get here by seven thirty," says Audrey Wilder, wife of film writer-director Billy Wilder. "We prefer parties of fourteen or six. If it's fourteen, I cook simple dishes and serve buffet style. If it's six, I get more complicated." This party included songwriter Sammy Cahn and his wife Tita, playwright Leonard Gershe, a regular in the Wilder kitchen, Dick and Dolly Martin, neighbor Jack Lemmon, Dinah Shore, actress Marti Stevens, novelist Irwin Shaw, Mrs. Wilder's brother Stratton Young. She served one of her specialties, hot chicken mustard (recipe, page 131), with cold lamb, shrimp, and melons, herring, red potatoes, lentil and red onion salad, wurst salad, kasha. "For a good party, you have to be totally prepared," she says. In cap and apron, she cooks everything ahead, singing old jazz along with the radio as she works. "I'm a Scorpio, and they work very hard when they love the people they're with." Guests wear anything that is comfortable. Food is served from the kitchen bar. Afterward everyone may sing around a small piano, on wheels so it can be played anywhere.

HENRY CLARKE



"First you take a huge pot," says Françoise Barton, shown on the preceding page with one of the double handful of wooden spoons she keeps in a crock on her kitchen counter, ready to stir anything. A lot of her instructions start that way. This, for green apple chutney, continues: Slice 6 cups of unpeeled green pippin apples. Chop 2 lemons and 2 limes, rinds and all, 2 green tomatoes, 2 large onions, and 3 tamarinds (optional) into small pieces. Put them into the pot, with 4 cloves garlic, 2 cups cider vinegar, 1½ cups sugar, 4 teaspoons fresh grated gingerroot, 2 teaspoons salt, 1 teaspoon crushed dried red pepper. Cook it all slowly for nearly 2 hours, until it is thick and mushy. The pots, *above*, that Mrs. Barton put her chutney in this year, and her Terrine Maison, were made by Franklyn Phillips. But frequently she will design what she wants, find a student ceramicist, and ask him to make 30 or 40 for her. For the balls of fruitcake, she prefers baskets and napkins.





As a beach house should be, the Wilders' is easy, practical, and bright, full of small pieces of their travels. Table, benches, and hutch bar came from the Paris flea market. Lamps are painted camel hide from Pakistan. Mrs. Wilder buys inexpensive wine glasses by the gross, to use with stacks of plain white plates, and glass bowls that let the colors of food show through. Her mother made the tablecloths. The roses on the table, *left*, are some she "stole" from Jack Lemmon's garden next door.

HORST

itchen is tiny, so only
ton Young and Leonard
ıe are allowed to help Mrs.
r—minus her cooking
ight—when she serves.
ats at the bar, to make
vision easy. Dinner wine
read "adequate red wine"
adequate white." And
rt will be blueberries.





Guests scatter through the house, talking before dinner. "The food's getting cold and I'm getting hot," announces Mrs. Wilder. "I don't use placecards, I just let my guests mix."

A very personal Christmas card

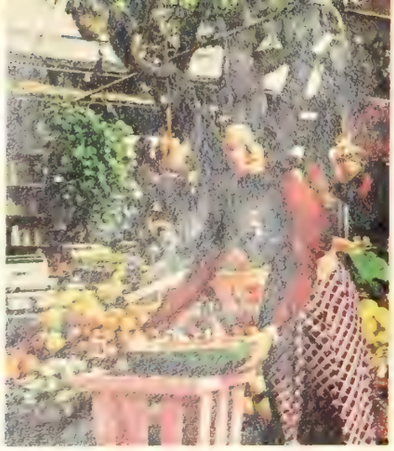
HANDMADE BY YOU



BEADLE

It doesn't take much. Some cardboard, some construction paper, a pair of scissors, a little paste, something from the sewing basket—and imagination. Robert Webb used a star fish on a Tiffany card. Sheldon Ginns made triangles into a bendable Christmas tree with paper fasteners. John Noblett used bonded onionskin paper to snip a pop-out tree. Then he cut "Merry Christmas" up and put it into an envelope. It took 2 minutes. Shirley Day spent an hour turning blue and yellow grosgrain ribbon and 4-ply paper into a woven star, gluing each strand with rubber cement. Mrs. Eugene Kennedy Jr. made construction paper into a house and a painted tree with a star, added yarn for a wreath. With a postcard, paint samples, Isabel Worsley made a snowscape, sent her heart. The crayoned tree is artist Anthony Tortora's. Veva Crozer's tree is gingham, felt, Bristol board. Martha Reid made felt dots against a blue sky. Jock Truman signed Tarot cards.

Giving with a personal touch

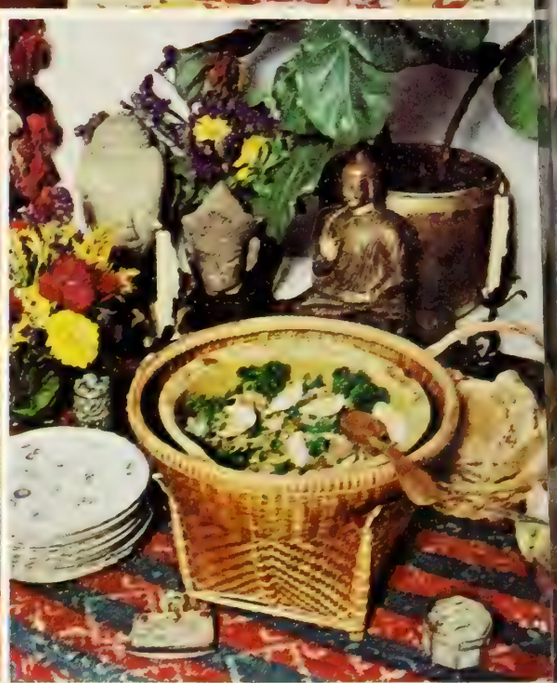




The space is tiny but the parties you want to give there are big—ten to twenty friends you really feel should know each other. You meet to share an evening and, perhaps, an unusual little feast.

FOR OLD AND NEW FRIENDS TO MEET











the balls of fruitcake, she prefers baskets and napkins.

FANCIFUL BREAD FOR GUESTS

Who says it's only a roll? Not Judy Glazer, who turns dough into grapes, or pea pods, or sheaves of wheat—bread sculpture.

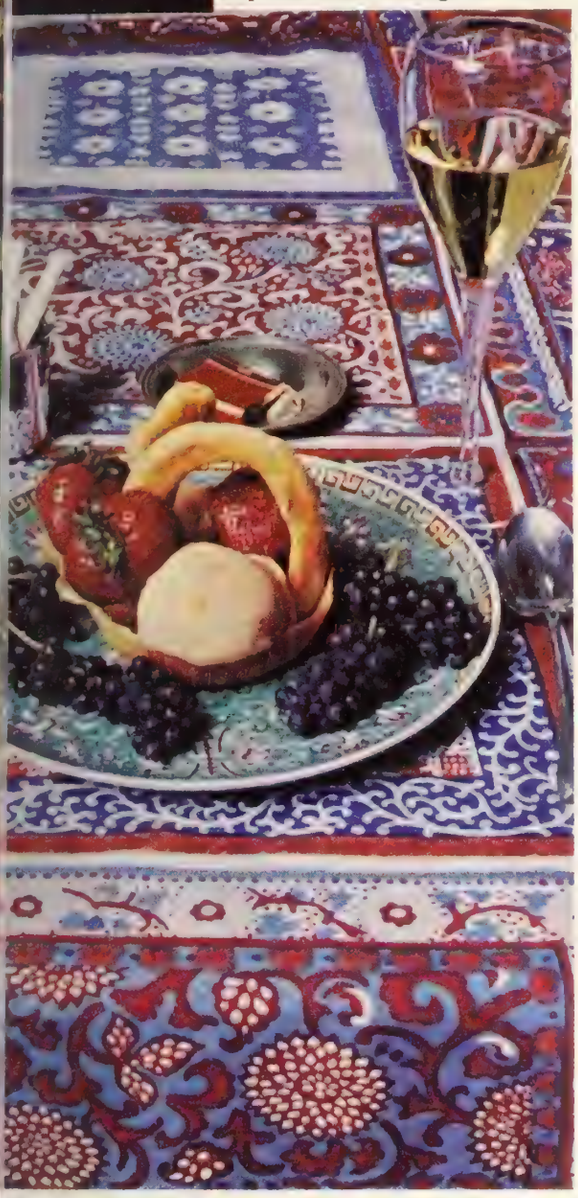
The recipe is Bolillo Dough (page 140). Method is painstaking and needs patience. But worth it. Work with a quarter at a time, refrigerating the rest as you work. Roll it out 1/8-inch thick, cut circles with #7 pastry tube and pinch them into balls. Cut rough 2-inch triangle, notch edges to make leaf. Cut 6-inch slivers for stems. Place leaf on greased baking sheet, twist 2 stems and lay on leaf. Arrange 32 balls below them in three layers to simulate grape cluster. Cover, let rise. Glaze, then bake at 375° for 30 minutes.



Guests at this party included producer Nicholas Dunne, critic Harold Clurman, Kiki and Anthony Kiser, screenwriter Juleen Compt John and Evans Frankenheimer, a Gil and Susan Shiva—some of them shown above, looking crowded and convivial.



The meal begins at the Los Angeles Farmers' Market, where film producer Bokara Legendre finds the freshest, prettiest fruit and the best possible ingredients for her Lamb and Fruit Tagine—Moroccan, to go with the African flavor of her apartment—and her Senegalese Soup (recipes are on page 131). A lot of preparation takes place on the dining room table because the kitchen isn't big enough. With the lamb goes pilaf, green salad with fresh basil, pita (that flat Middle Eastern bread with a pocket inside), feta, and Brie cheese. To eat it—"I'm very calculating about the people I ask to my parties," says Miss Legendre. "Only friends who I feel would interest one another. I make a great point of introducing them."



rt is lemon sherbet, put into pastry baskets with trawberries and surrounded with grapes. Service et—that's the lamb, *above center*—but seating nal, complete with placecards. When the guests vn around the batik-spread table they will find enegalese soup in their clear glass bowls.

LITTLE FEAST

Unusual Christmas cookies, cakes, cheese spreads, preserves, all the makings of a hospitable Christmas are marvelous gifts

FROM YOUR KITCHEN





"If you have to wrap it at all," says Mrs. Von Welanetz, "wrap it in clear celophane and tie it up with a pretty ribbon." She designed her own labels to accompany gifts, and frequently include recipes. Baskets and pots are part of the present.



Holidays are a year-round preoccupation for cookbook authors Paul and Diana von Welanetz. It started seven years ago when Mrs. von Welanetz gave up smoking. "I had to do something with my hands." Crafts evolved into cooking, then into teaching, and finally into a special winter course in producing edible presents. Their book, *Gourmet Gifts*, will be published next year. They have some favorite tricks to satisfy Mr. von Welanetz's demand—he's an artist—that the eye be feasted, too: French confiture jars or small white soufflé dishes are good for giving Christmas Pepper Jelly (recipes, page 131). Seal jams with paraffin, stretch wet parchment across top: when dry, you can write messages. Make things that need aging—like fruitcake or crocked fruit—or that freeze or keep. That way, by Christmas, your work is over. Above, a bookcaseful of gifts from the von Welanetz kitchen.

Giving with a personal touch



DANIEL BERNARD

Entertaining to tempt the eye of the eater

A FRIENDLY BUFFET







A favorite buffet choice of menu is an old French pot-au-feu, varied according to season and whim, served with its own broth in a separate dish, with condiments, and a selection of desserts. "If my cooking is a little spontaneously rustic—because I don't know how to do fancy dishes," she says, "I take particular care that it should be beautiful." She scours the market for interesting and unusual breads, *far right*, and she chooses cheese for shape as well as flavor. With pot-au-feu (recipe on page 131), a young Beaujolais goes well.

: it's the table that sets the tone," says
: Halard. "I spend hours in prepara-
organize freedom, spontaneity, hu-
r my guests. You must have many
ıg cloths, and an infinite number of
. all shapes and colors, some modern,
d. I'd be bored to death with a table
; the same every day." With her hus-
ves, she designs the cloths to her lik-
ıme of their fabric designs are avail-
S. M. Hexter.) And they collect old
:ks, baskets to give each table a theme.
d is part of it. To make her still lifes
asting, the plates and flatware are set
ıaskets, and the breads, cheeses, and
rranged on their own separate tables.





TO GIVE A GIFT OF SUMMER

Preserving the scents and tastes and sights of other seasons to pass them on—a gift of you that warms in winter.













Jefferson the cat has friends he's never seen. But he gives them presents anyway, catnip mice, chewy rag bones, patchwork self-portraits. His owner, Mrs. Eugene Kennedy Jr., makes them. She also makes jam from the beach plums and wild grapes she gathers in summer, and chutney and pickles—and sachets from lavender dried and stored. She packs them in jars found during summer antique-shop rambles, or home-sewed bags that open and close so they can be refilled. She lines, and paints flowers on, baskets to match flowered gifts of sheets. And she makes breakfast sets so friends can sit in bed and dream of the sun.

JAM, SACHET

Containers are as important as the gifts. For sachet bags with enclosed drawstrings, Mrs. Kennedy makes two buttonholes about 5 inches from one end of a long strip of fabric. She folds fabric in half and sews sides to make a bag, then she turns over 3 inches of the top as a facing sewed with two lines of stitching, one below buttonholes, one above. Drawstring is threaded in one buttonhole, around bag, out the other, and lavender is spooned in. Recipes, page 131.

S. KLEIN—LIFE



Giving with a personal touch

Jean-Jacques Paimblanc

Craig Claiborne

Jean Vergnes

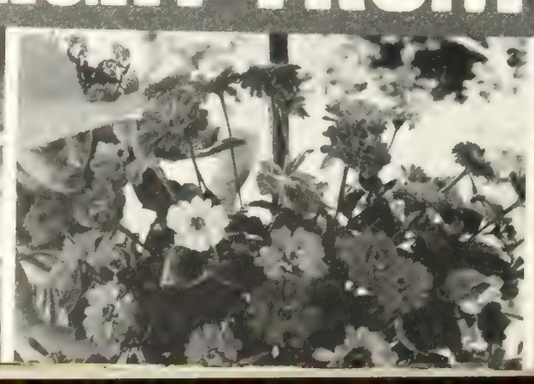
Jacques Pepin

Top chefs cook for a wedding present

FOOD STRAIGHT FROM THE HEART











Cold Buffet

Striped Bass, Russian Salad
**Mussels Vinaigrette*
**Salmon Gravlaks with Mustard Sauce*
Sweetbread Pâté
Venison Pâté
Galantine of Duck
Garlic Sausage, Lentil Salad
**Cucumber Salad with Dill*
**Head Cheese Salad*

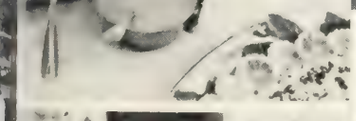
Hot Buffet

Burgundian Meat Pies
Filet of Beef, Truffle Sauce
Herbed Rack of Lamb
Snow Peas
**Potatoes Dauphinoise*

Desserts and Wines

Wedding Cake
Fruit Salad with Kirsch
Strawberries with Raspberry Sauce, Sabayon Sauce
Moët et Chandon Brut
Pouilly Fuissé 1971
Château de La Chaize 1973















When a great chef celebrates the marriage of his daughter, it is the perfect opportunity for a super feast. Pierre Franey, a Vice President at Howard Johnson's, one time chef of the famous Pavillon restaurant in New York, and co-author with Craig Claiborne of *The New York Times Sunday Magazine* food page, recently gave his elder daughter, Claudia, in marriage to Richard Jensen. Six of his closest friends, five of whom also happen to be great chefs and the sixth *The New York Times* food editor, volunteered to help. Contributing chefs were: Jean Vergnes, owner, and Jean-Louis Todeschini, chef, of Le Cirque, Jacques Pepin, chef, teacher, and author of *A French Chef Cooks at Home*, Jean-Jacques Paimblanc and Raymond Bruballa, who are chefs and colleagues of Pierre Franey at Howard Johnson's. Friend and colleague Craig Claiborne provided the inspiration and his super kitchen plus the pretty beachside setting where one-hundred-and-seventy guests joined in the celebration with a superb, never to be forgotten feast. Recipes appear on page 136.

1, Raymond Bruballa decorates galantines and pâtés in the cool of the wine cellar; 2, Jean-Jacques Paimblanc sifts sugar onto strawberries, sprinkles them with Kirsch and Grand Marnier; 3, Ellie Giobbi arranges zinnias for the buffet; 4, tables arranged with pink tablecloths, pale blue napkins, and a flowery centerpiece; 5, a parade of chefs set up the buffet; 6, Salmon Gravlaks with Mustard Sauce; below, 7, Burgundian Meat Pies with a puff pastry crust; 8, the buffet set with Mussels Vinaigrette, Head Cheese Salad, Galatine of Duck; 9, guests gathering for the wedding; 10, Claudia cuts the cake made by the Culinary Institute of America and decorated by Albert Kumin; 11, illustrated by painter Ed Giobbi, the menu and chef's signatures provide mementos for the guest book; 12, the wedding party walks down the poolside aisle to a ceremony on the cliffs.

READ F

If you don't like to give parties, what you can do about it

By Beverly Russell

Someone you want to impress is coming to dinner. You've set the menu, you've invited some appropriate guests. The dishes you plan to serve are recipes you've practiced to perfection. But the night before the party you dream that the meat cooked to a frazzle, the vegetables were mushy, in short, the evening turned into a fiasco.

There's nothing unusual about this sort of fantasy. As host or hostess, you are bound to experience a little apprehension before a party. After all, your competence is at stake, your ability as a cook, as a go-between among people who are probably strangers, and maker of festive feelings is being tested. The success of the evening is on your shoulders. And your own self-evaluation is under scrutiny as well.

"There is a fear of the unknown, the stranger. Entertaining can become an emotional threat," adds sociologist Dr. Freda Adler. "For every host and hostess there is a big challenge to do well."

The more you entertain, though, the less likely you are to experience party nerves. "It's like practicing the piano," says psychologist Dr. Florence Denmark. "The more you do, the more expert you become. A pianist doesn't expect to start by playing a concert, but gradually builds up to it, learning simple pieces well, to gain confidence. Entertaining is much the same thing. If you want to entertain in a more formal, elaborate way than you're used to, practice by inviting people you know. Build up your confidence and polish your techniques first, and then branch out."

It may sound surprising, but if you are a little on edge it can actually help the party to be a success. Says Dr. Joel Davitz, psychologist and professor at Columbia University: "It's very well established that in many situations we function most effectively with mild tension. The hostess will be a little bit more up, more exciting, more attractive, alert, and attentive. Guests catch these vibrations and it leads to stimulation all around." The great thing is not to let a little tension escalate into a lot of anxiety. Learn to cope with *some* and make it work positively. "If you reach for a tranquilizer," adds Dr. Davitz, "then everything will become bland."

"If you are a little on edge, it can actually help the party to be a success"



PHOTO COURTESY OF UNITED ARTISTS

Great hosts and hostesses are made, not born. To become a model of poise, charm, and self-confidence like Woody Allen, read on.

You will want to rehearse recipes and have everything organized as far ahead as possible. And in addition, preparation in terms of knowing your guests will help you appear calm and relaxed as they start walking through the door. "You must do some homework, know the people, their interests, and who suits whom," Dr. Adler points out. "It's your job to see everybody relates well. A good host or hostess should be actively engaged in trying to build interpersonal relationships, so people take off on their own. If you have invited guests you don't know well, it helps to find out their interests, so you have something to talk about to make them feel comfortable."

Before the party, relaxation exercises can promote serenity, too. Take your mind off things and change "set" by deep breathing, or "even singing," suggests Dr. Harold Cook who with Dr. Davitz wrote the new book *60 Seconds to Mind Expansion* (Random House; $5.95). Progressive relaxation is good, too, say these psychologists.

Pauses in party conversation are perfectly natural, though we've been conditioned into believing that they indicate boredom, or a sign that guests are not enjoying themselves. Silence is not necessarily negative, it can be quite profound, move people closer. Dr. Robert Tyson believes: "A pause can be refreshing, comfortable, far from awkward." Rely on free association to speed you over a lull in conversation. Look around, let your mind take in the surroundings, look at guests, colors, objects. The mind is never blank. There is always something there if you just wait a moment. "Why be scared," says Dr. Tyson, "of saying to your neighbor, 'it's nice to be with you because I feel comfortable with you'?"

Of course, some conversations should be avoided if the interaction is to thrive. On Dr. Tyson's list: "Deadly earnest and prolonged talk about how terrible something is. We all know such conditions exist and deal with them as best we can, but if it's Saturday evening, who wants t spend time talking about them? If you want to rationalize, it keeps you in good mental health t switch to other topics, then you handle the seric situations better when you have to." Also to be avoided he suggests: "shop" talk, mention of c airports, and travel ("everybody gets mileage a they're safe things to communicate about, but

How to find party help ☆

By Paula Rice Jackson

The first place to look for help is "The Grapevine"—ask your friends whom they depend on. If they don't know here are some good suggestions for other sources to tap.

For cooks with credentials, check local cooking schools. Teachers and students at these schools are sometimes willing to take on small and not-so-small catering jobs for dinner parties and buffets. Almost every large city in America has a weekly magazine named after it, *New York* in New York, *Los Angeles* in Los Angeles, and *Louisville* in Louisville, for example, that are filled with ads from people who wish to help serve, cook, plan, clean up, whatever during parties.

Colleges and universities are gold mines of talented help. Call the Student Employment Office to find out if there are bartending and student catering ser- ***(Continued on page 143)***

h talk can be deadly") and conversations
ppliers. "We've all had times when stores
d the wrong things. It's tedious to hear
So is information about who sells what at
ices and where you can get it. All that
/ clever bargain hunting. We're all
ners, but that sort of conversation isn't very
ting." *Stimulating* talking points: anything
ows creativity, news about art, novel ways
have discovered for dealing with situations.
and frauds. Conversation that wanders all
the place and doesn't get stuck. "People who
with an open mind and are glad to see each
have very little trouble talking to each
r," says Dr. Tyson.
there's a faux pas in dinner table
versation, a dish doesn't turn out as planned,

A disaster can turn
out to be the hit of the
evening. Imperfection
makes for intimacy"

or anything else happens unexpectedly, there's no point in trying to cover up such mistakes. Surrender to them. "When something goes drastically wrong in the kitchen, the disaster can turn out to be the hit of the evening," Dr. Davitz insists. "Imperfection makes for intimacy. There may be no dessert, but you've given the guests something that is to be cherished more, a sharing of some human quality. When you let guests backstage, and tell them what really happened, it's never so bad."

The experienced host or hostess will have "life-savers" on hand to cope with unfortunate circumstances. If not a back-up supply of frozen foods, then he or she will know exactly where to take guests if the situation suddenly calls for eating out. And make it a lively experience.

One aspect of party-giving is that a hostess with a party on her mind is likely to pass along tension to her husband or a partner. If he picks up on it, it may produce irritability between the couple. "Watch out for a few days before the event," adds Dr. Davitz. "It's possible for tension and frustration to be rechanneled and result in a fight. Very often the row may be over something that's unrelated to the dinner party and ordinarily a topic that wouldn't cause an argument."

The solution is to share doubts, talk them through and as far as possible, entertain as a team. Do some of the tension-breaking exercises together. Enjoy the relaxation that results. Let it all be fun. As long as you can maintain a sense of humor, the party's bound to be a success.

"Rely on free association
to speed you over a lull in
conversations. Look around
at guests, colors, objects"

How to give a personal party in a public place

By Mary Moon Hemingway

★ **Are you planning a party in a public place? Why not? It's convenient, different, and can be most satisfactory. Give it all the personal cachet of an at-home affair, however, and enjoy the advantages of professional expertise and service for added éclat. Good diplomatic relations, good communications with the management are vital. Consult with the powers that be far enough in advance to make clear just what kind of a party you wish to hold, exactly where and how and how much you are willing to spend. Keep in mind it's your prerogative to determine the ambiance to the last detail. Yours are the telling touches.**

Take flowers: Most restaurants and clubs are glad to have you bring your own arrangements or to cooperate in providing flowers in keeping with your own ideas. Try for real garden combinations, avoiding stiff, floral clichés and set your mark on the party.

See to the table: Discuss the appointments with the headwaiter, picking the color of the table linen, choosing glasses, china, and silver that most please you, should you have the choice. Many places let you provide your own, particularly when you are a fairly regular client. Consider your location with care. If separate, small rooms are available by all means avail yourself of the privacy. No matter, insist on a location far from the crowded area.

Have your own menu: It's wise to choose a set meal beforehand, less confusion, more like home. Let the headwaiter guide you and take time to talk with the chef. It's his vocation and pride to provide. Many good public dining places are glad to hand inscribe or print *personal menus* including not only food and wines but the date, place, occasion, the names of the hosts and guests too, if you wish.

Be sure to have place cards: Use full names formally, not only to facilitate seating, but to give an expert headwaiter the chance to address your guests by name. Conversely, know the names of those who will serve you that you may return the compliment.

Plan the drinks: When possible serve the cocktails away from the table, in a quiet corner of the bar or at the end of a private dining room. You might want to have drinks at home, then go to a club or restaurant. No matter where, it's sensible to set the limits of drinks beforehand so that when the time has come the headwaiter may unobtrusively signal the help to proceed with the first course. Consult with the wine steward or headwaiter about the wines and the number of bottles to be served. Liqueurs may be offered with after-dinner coffee but again it's smoother and smarter to set the variety and quantity in advance. When you are in control, the party is really yours.

Paying and tipping: Discuss all fees and tips beforehand. Parties may be paid for in advance, charged or billed on credit cards. In any event avoid the public flurry *(Continued on page 249)*

How to give a party if you don't have time to cook

By José Wilson

Parties are no longer expected to be the full-scale productions they once were. Now it is acceptable, even fashionable, to have nothing but chili or choucroute garnie with a simple dessert. One West Coast hostess started a trend when she sent as a dinner invitation the menu she was having—homemade minestrone with grated Parmesan cheese and bread, followed by cheese and fruit and a rich but uncomplicated dessert.

Nor need you spend much time cooking. With the proliferation of imaginative catering services, the increasing number of restaurants that boost their business with a take-out menu, the fast-food chains and street stands that make hamburgers, barbecued ribs, fried chicken, fish 'n chips, pizza, souvlakia, tacos, and submarine sandwiches to go, a phone call is all it takes to give an instant party. Gather a collection of the catering and take-out menus from your neighborhood caterers and restaurants and you are all set. To make the party more personal, add some easy-to-assemble touches of your own in the salad and dessert department.

There are loads of places where you can get instant-party foods. Investigate the ethnic groceries and bakeries in your town for sausages, hams, cheeses, olives, pickles, mustards, tortillas, chiles, and chile sauces, stuffed grape leaves, offbeat fruits and vegetables, and freshly made pasta, pâté, breads, cakes, pastries, and cookies. Check the delicatessen counters for cold meats, roast chicken and turkey, smoked fish, and ready-mixed salads. Stock *(Continued on page 145)*

Decorating for hospitality

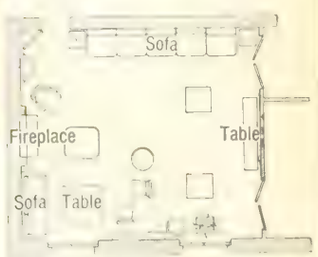
INSPIRE GUESTS

with rooms that give you a lift, pretty tables, food that is delicious to see and to eat



"When we are guests," say Mr. and Mrs. Manuel Canovas, "we lunch or dine with not only a knife and fork, but our eyes too. If what we see—the food itself, the table, the dining room, the apartment or house—gives us a sense of beautiful well-being, we are so delighted that we often eat too much. And why not? We have been made happy."

Guests of the Canovases may expect the same pleasure. Their hosts live in an apartment in Paris organized for three children and easy entertaining. And decorated with some of the handsome fabrics, wall and floor coverings Mr. Canovas designs. In the living room, *left*, white carpeting with a little motif of interlocked squares runs wall to wall. (The same pattern carpets the foyer, but on a red background to make for a change of pace.) White-on-white cotton is stretched on the walls, then quilted as over-curtains for glass curtains of white cotton printed in red shamrocks. "It is a quiet room, which women love. It doesn't eat up their dresses. But it is not anemic, nor is it *fixed*. *[See plan.]* Guests move the chairs about as they like, which *we* like."



NEIL LONDON

For the family, the library *(inset, far left)* is the heart of the house. Wall fabric of tea-leaf brown, a red sofa of silk shantung, 19th-century English landscapes, books in steel and glass étagères. The bar *(below)* is off the living room. Red and white cotton everywhere and 18th-century portraits.

DAVID MASSEY





INSPIRE GUESTS WITH A GARDEN ON THE TABLE

"My wife always does the flowers, for which she has a truly charming talent. 'Planting her garden,' she calls it. Instead of a single centerpiece, she arranges little Japanese pots in a cluster, then fills each one with only *one* kind of flower—freesia, narcissi, tulips, whatever is at its peak—and when she is finished, she does indeed have a garden. 'Rather Chinese,' she says, and certainly not like those Victorian set pieces that look as though they were wearing corsets. The bronze flatware and service plates we got in Thailand, the blue and white plates are Japanese. We have some Sèvres, but use it only for venerable aunts and uncles. We must. They gave it to us."

"I love the chintz," says Mrs. Canovas, "but it needed something to keep it from being, well, sugary? 'Black,' said my husband, and black it is. Black-lacquered Queen Anne chairs *[far left]*, and some Chinese paintings on glass."



The Canovases travel a great deal, looking for new or ancient design motifs, bibelots, new recipes. Although they were brought up on French *haute cuisine*, they are not at all chauvinistic about it, and are as fond of chile con carne as a Texan. Their menus, consequently, are apt to be cosmopolitan, and for a big buffet, *left*, the food may not be French at all, but Italian or Chinese or Indonesian. "We cover the table with red-and-white-striped cotton—very sturdy," Mr. Canovas explains, "and people help themselves, then eat where they like. There are extra chairs and little folding tables, and when everyone is arranged, we look like a restaurant. Somehow, we can manage sixty people. And sometimes we are only four, and then I cook tagliatelle with white truffles. Like all pasta, it is impatient. It must be tossed and eaten at once, and I toss fastest for four, no more. For a formal dinner, we can have twelve at most, although six are better. Then the table *[far left]* is left bare because its top is so pretty—a painted onyx, bone, and green tortoise shell. And that is how we live. Rarely, if we can help it, big cocktail parties, and we entertain *ourselves* at breakfast, when we have very special guests, our children."

With her passion for flowers, Mrs. Canovas chose a chintz of her husband's design, a chinoiserie in pinks, jade, and blues (called *Leonor*, after one of the daughters, it is available in this country at Brunschwig & Fils), and covered not only the walls, but a built-in sideboard. She also has a pot garden that makes its home in a planter, *below*, along with about-to-blossom branches of flowering fruit trees.

DAVID MARSH



Decorating for hospitality

SHARE THE JOY

by making your special interest the focus for decorating, table settings, and the food you serve

The house is a historic restoration in Connecticut. Its date is 1715. Inside it, a surprise—a spectacular collection of Oriental art gathered by the owners, Mr. and Mrs. Martin C. Cole. Outside and inside, the feeling is wonderfully hospitable. Original plank floors and pine paneling, and fireplaces in every room, make for warmth and coziness. The Oriental collection is a delight for guests. The room on this page was known as the "common" or "keeping" room in the old days—a small sitting room where guests assemble for drinks. Its theme is Oriental blue and white. In winter, the Coles eat here, too, alone—the room is flexible enough to work as well for two as for ten. *(See the floor plan.)*



NEIL LONDON

The blue of the Orient everywhere—Japanese plates on the table, twin Chinese princes holding the lamp, and the original wood corner cabinet housing rarer items—a Ming plate, for instance. *Opposite page, top:* Working fireplace with original brick oven; *center,* more Oriental pieces—butterfly bird bath, brush holders; *bottom,* raw silk blinds, practical blue and white cotton upholstery for chairs, Chinese rug.

BEADLE



SHARE THE JOY OF COLLECTING

This classic American house is surrounded by lawns and great trees, some of them two to three hundred years old. There is also a terrace, perfect for summer parties, where Mrs. Cole usually serves a barbecue meal. After an indoor dinner, guests have coffee in the living room, *right*, its ivory and coral colors very flattering to people. (Every room in the house has its own colors, inspired by Oriental porcelain.) There is a working fireplace in this room, as in the dining room, for cozy evenings with family or friends. The Coromandel screen is especially fine—and very rare. Made of black lacquer and untarnishable bronze, it shows a courtyard scene, with ladies watching their children at play.

On the round glass-topped table, *right*, a large vase in Oriental coral ground pattern. Also on the table, an Oriental Export formal tea service. The wood carved chair is old Chinese—one of a pair. Silk-upholstered sofa, textured wool rug. *Below*, stone Kwan-yin head, 1644 (Ch'ing dynasty), with examples of Chinese "rouge" and green and yellow figures, all holding flowers fresh from the garden.





The dining room is the heart of the Coles' entertaining. "We usually invite eight for dinner," says Mrs. Cole. "Our parties take place when the flowers are so beautiful. During these months, we entertain at least once a week." Mrs. Cole keeps a running cutting garden for these occasions, specializing in roses, peonies, and chrysanthemums. She chooses her table settings according to which flowers are in peak bloom, using a plain white organdy tablecloth over the one in the picture, *left*. This makes a perfect background for whatever Oriental pieces she uses to decorate the table. The practical glass top fits over a vivid print cloth. "We serve quite simple food," says Mrs. Cole. "But once in a while we'll do a full Chinese meal, according to Chinese custom, serving one dish at a time, with soup, rice and noodles at the end." A sample menu would be winter melon soup to start, with steamed dumplings. Then a course each of green snow peas with sliced pork; stewed chicken with chestnuts; fried beef with oyster sauce; Heung So duck with bamboo shoots and salted cabbage; clear soup with mushrooms; steamed fish; fried rice, noodles with pork and celery; almond jelly with cocktail fruits, for dessert.

18th-century crystal fingerbowls, *left*, with Chinese china and covered bowl as centerpiece. Blanc de Chine libation and birthday cups hold flowers; jade and coral fruits also decorate the table. *Below:* 19th-century English chairs. On the mantel, important Tang pieces—a court lady and three musical figures. At each end, papier-mâché Japanese cats.

ACCENT THE CASUAL

with home cooking, kitchen gatherings, rooms full of big comfortable furniture





Like an entertaining magnet, this roomy old house exudes such vitality and warmth that friends just can't stay away. The owners and their four children love it that way: "There's never really formal entertaining, but the house always seems to be full of people." Designer Louis Bromante worked closely with the owner, a decorator herself, to rejuvenate the house, mostly with white paint and a good editing eye. In the sun room, *above*, people meet after tennis—or have a drink before an evening party. The 7-foot vinyl lounges designed by Mr. Bromante are impervious to nearly any liquid, as is the stone floor that came with the house. Most gatherings start in the kitchen. "Guests drive right past the front entrance and around to the kitchen door." Their greeting is the glassed-in flower room beyond the archway through which everyone pours to see what's cooking and small gatherings may end with lunch or dinner in the kitchen. For big buffets, the focus is the steel and glass table in the dining room, with homemade lasagne, chicken cacciatore, veal scallopine, vegetables Italian style. For dessert, lots of Italian pastries, strawberries, zabaglione, and a basket of cookies.









ce small with dark pantries,
chen, *top right*, was opened up,
ved with white ceramic tile,
rayed with stucco, given architec-
al zing with beams. In living room,
ht, a long sofa can seat a crowd.
rrored doors lead to sunroom. In
ning room, *far right*, walls and
rtical blinds of silvery Mylar.
rylic sculpture and paintings here
d in living room are by
endy Slayton.

Presents with a personal touch

For people who get a kick out o

Gasps of delight, squeals of glee, arms thrown around your neck in utter joy—*that's* the kind of reaction you want from the presents you give. To practically guarantee it, just do a little pre-shopping homework: Think hard about each person on your list; make notes of specific needs and wants; make it your goal to fulfill that masked desire. The reward is knowing you've made someone happy. And isn't that the whole point after all?



All in the spirit of play—a small game room pulled together by one fabric working as wallpaper and upholstery on tables and banquettes. Interior design by MAC II. Brunschwig & Fils's batik-looking Java cotton print of blue and indigo on a caramel background is the versatile fabric used. Henry B. Urban upholstered the banquettes with it—so for two full tables of bridge only four more chairs are needed! Luis Perez, after doing the walls, cut off the cream border and used it around the windows, on table legs and to cover pots on lacquered wood tables. Breuer natural wood and cane chairs. Sisal rug.

HORST

1 *Circus-colored confetti in vinyl—poster by Pavlos. Originals. $105.* **2** *From to a 10-inch adjustable l "Shell." Basic Concept Workbench. $26.50.* **3** *the Revolution. "Skir American Heritage game b ton Bradley. Sears. $6.50.* **4** *"Bird of Paradise" quilt, 73 inches. Cantitoe C Completed quilt, $2700, $225.* **6** *Sensational stainles pool table from The Pace C tion. W & J Sloane. $90* **7** *A Bauhaus designed w chess set. The Museum of ern Art Gift Shop. $44.* **8** *terycraft" electric wheel glaze, paints, tools, clay. G Industries. Bloomingdale's.* **9** *Silkscreened cotton c Dufflebags: 11 by 6 inches 17 by 9, $18; 24 by 13, $2 Garment bag, 45 by 27 i $29.50. Marblehead Handp* **10** *Snoopy, as a Cool Mis midifier! Amsco of Milton ley. Penney's. $20.* **11** *Mag holder in unbleached canvas bon Scandinavian Imports.* **12** *Make a fine point—auto electric pencil sharpener. sonic. $20.* **13** *Handcrafted ternut Shaker step stool. Considine. $63.* **14** *Chall for long afternoons. Stac Toe, $5; GO, $17. By 3M. tano's.* **15** *An honest dice g Electric Dice Table—thro automatic and true every Hammacher Schlemmer. $2 Send a one-word postcard three to fill out your mea Word Cards by Michael Sch Davis-Delaney-Arrow. At versions. 36, $4.25.* **17** *Trav backgammon set in Ultrasu Lederer. $40.* **18** *Game tab bumper pool, top flips for p surface or dining. Chrome Goldblatt's Furniture Ce $398.* **19** *Hand-crocheted puppets stuffed with sw Plumbridge. $9.50.* **20** *Straw ry print memo box, $5; mor planner, $6.50. The Golden phin.* **21** *For highway travelin In Dash AM/FM/MPX 8-t Citizens Band Transceiver. J of America. $350.* **22** *A w workshop in 4 steel pieces. R cabinet, $198.90; small-draw top cabinet and tote $156.20; side shelf, $24. Wo loo Industries. Target Sto* **23** *Reproduction card table flap top. Converts to con table. Kittinger. Altman's. $1*

games, crafts, or grown-up toys

TRUMBO


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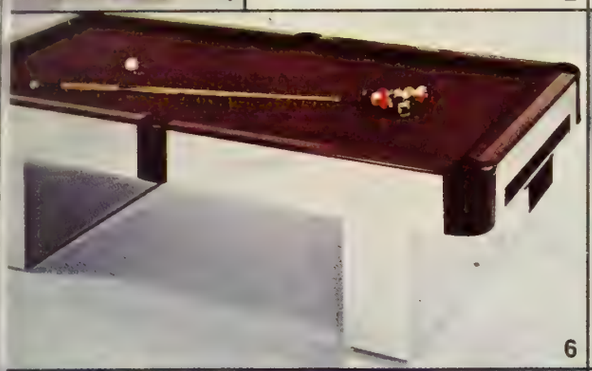

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ALL PRICES APPROX-MATE. STORE ADDRESSES, PAGE 74.

TED HARDIN

Presents with a personal touch

For cooks and collectors

1 *"The Clock"—12¾-inch diameter. Howard Miller. Bloomingdale's. $45.* **2** *Letter trays, color-coded. Arango. Two, $27.50; 3, $35.* **3** *Peacock weathervane on canvas tote 18 inches long. Museum of Fine Arts, Boston. $15.50.* **4** *"Garnished" fish tureen is Italian handpainted ceramic, 30 inches long. At Settebello. $280.* **5** *Dog's mealtime accessories by Edgar Watkins/Cubics—vinyl placemat, $6; acrylic dog bowl, $13. Saks Fifth Avenue. Acrylic biscuit box, $15. Neiman-Marcus.* **6** *Large, ovenproof bread pan. The Pequod Emporium. $10.75.* **7** *Copper fish poacher, stainless steel lining. Spring Brothers. The Stock Pot. 15¾-inch, $170; 14⅛, $145; 10⅝, $110.* **8** *Cook by time or temperature—"Jet 90" microwave oven. General Electric. $499.* **9** *"Rondo" enamel and steel cookware by Arabia. The Pottery Barn. 1½-quart saucepan, $25; 1½-quart skillet, $26. Casseroles: 2-quart, $25; 3-quart, $27.* **10** *5-band PSB portable radio. Battery for AC. Midland International. $80.* **11** *Graphic art on handbuilt pottery. Diane Love. 14½-inch diameter, $42.50.* **12** *Snuggly acrylic plush hen. Possum Trot. Bloomingdale's. $10.* **13** *Handwoven rag placemats. Complacent Cook. $3 each.* **14** *Two-sided broiling. General Electric. $59.* **15** *Enamel on cast iron—Cottage Cookware. Skillet, $18; 1¼-quart saucepan, $18.50; 2-quart casserole, $21. The Pottery Barn.* **16** *Beechwood lemon squeezer can deliver just a drop. Williams-Sonoma, $6.75.* **17** *Vented, indoor portable electric grill! Jenn-Air. $100.* **18** *Glazed ceramic cheese cave. Williams-Sonoma, $20.* **19** *China shells in 2 sizes. The Pequod Emporium. Small, $9.75; large, $19.75.* **20** *Happy shopping, lists and books. The Golden Dolphin. Hanging list, $4.50; book, $4.* **21** *One liter glass bottles with snap-on caps. Of Kitchen Things.* **22** *Two-minute cooking with "Little Mac" Fast Cooker. Dominion by Hamilton Beach. Joske's. $22.* **23** *Glazed basket cachepot, 13-inch diameter. Mare's Nest. $22.75.* **24** *Pint-size, plastic, hand juicer. Seabon Scandinavian Imports. $3.* **25** *Maple knife block. Williams-Sonoma. $22.75.* **26** *Sealed hardwood cutting board. Works over any size bowl! Vermillion. Abraham & Straus. $9.75.* **27** *Perfect crêpes—cast aluminum "Magik Crêpe." Gourmet Ltd. Crate 'n Barrel. $21.45.* **28** *Oven-to-table, unglazed stoneware "Fish Soups," 1⅔ quarts. Schmid Brothers. Little Elegance. $7.50.*



SUSAN WO

A holiday party tradition in a new setting of tender, crisp greens. The flatware, goblets, and dinner plates—reproductions of Colonial designs by Wilton-Armetale—are made of an alloy of ten different metals. "Signet" dinner plate, 10⅝-inch diameter, $11; "Florin" flatware, $30 a 5-piece place setting; 11-ounce water goblet, $14.50. "Toile de Tarascon" cotton fabric collection by David Hicks at La Provence de Pierre Deux, $15 a yard; "St. Didier," green and white basketweave; "St. Benezet," white background with green squares; "St. Joseph," neon design; "St. Veran," hexagon inside square. 14-inch pillow, $25; 22-inch, $32. French porcelain plates, pitcher, round boxes, designed by Palley, are handpainted. Plates, 8½-inch diameter, $40; pitcher, 5½ by 9, $125; small box, 2 inches, $17.50; larger box, 3 inches, $25.


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Shopping List
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For epicures and connoisseurs

1 *Handfuls of checks—eight 14-inch napkins in basket. Mare's Nest. $13.* **2** *Hand-painted canvas on wood tray, 18-inches square. Normand Maxon. $180.* **3** *Sterling reproductions of original John Coney teapot. The Metropolitan Museum of Art. $496.25. Boston Harbor Tea. Woodward & Lothrop. $4.* **4** *Cordless! 24-hour alarm clock. Copal. At Neiman-Marcus. $55.* **5** *"Anti-Gravity Study Lamp" shades reading area. Apartment Store. $25.* **6** *Sterling frying pan, 5½ inches. Tiffany. $45.* **7** *Mayonnaise maker designed by Lee Bailey for making, storing. Recipe booklet. Bailey/Huebner at Henri Bendel. $10.* **8** *Medallion needlepoint design on reproduction 18th-century mahogany chair. Woolworks. Handpainted canvas, yarn, chair, mounting, $435.* **9** *Handblown glass optic goblets. 2- and 2½-inch diameter. Jelly Mill Too. $17.* **10** *Solid brass whale door knocker, 9 inches. Period Furniture Hardware. $77.* **11** *"Mr. Snowball," 4 inches of perfect porcelain. Cybis. $25.* **12** *Sharp-angled side table of 2 Acryform units from versatile system designed by Carleton Varney, Karmel Plastics. Table, $450; unit, $225. The Hecht Company.* **13** *"The Searcher" portable scanr radio receives AM/FM/ High Band. General Elect $150. Argus.* **14** *"Chanti sterling candle snuffer, G ham, $20; "Festivity" silv plate ladle, Reed & Bart $40; child's silverplate c Lunt, $17. Fortunoff. China shell lamp, 6 by inches. Bloomingdale's. $* **16** *Handsome serving table Astrolite acrylic with a la nated wood top, 30 by 20 inches. Hammacher Schle mer. $425.* **17** *Featherli down comforter and pillo Continental Quilt Shop. K quilt, $210; king pillow, $* **18** *Whimsical animal t tables designed by Gant G ther. Bonwit Teller. Set of $100.* **19** *Toll change hol by Hoffritz. $13.50.* **20** *K production Shaker clock. day, weight-driven moveme Shaker Workshops. Rea made, $395; kit, $245.* **21** *Pe ble candy in pot, 20 oz., $7.2 cashews in wire basket, 6 o $4.50; burlap wrapped sa 4 oz., $1.75; peppercorns, oz., $3. Candy coffee beans bag, 8 oz., $3; in jar, 1 l $9.25. Peppermill, $13.7 Of Kitchen Things.* **22** *Se grass bottle holders. William Sonoma. Pair, $9.75.* **23** *Litt Red Riding Hood Merry-G Round Story Book. Publish by Platt & Munk. At Walde Bookstores. $3.* **24** *Reprodu tion solid brass candlestick 13 inches high. The Metropo itan Museum of Art. Singl $66.25; pair, $126.25.* **25** *Fi nish cotton pillows, Dacr filled. Craig Carrieri for Fa rications. Sizes from inches, prices from $15.* **2** *Sculpted wood, 8-bottle wi rack. Arango. Walnut, $3 rosewood, $45.* **27** *Sterli minis: apple box for ti sweets, $22; 1¾-inch tong $3.75; 6-inch whisk, $34. Ti fany.* **28** *"Crock-r" cooker– 3½ quarts, low or high ten peratures. Farberware, $1* **29** *"Memory Vision"—1 inch b/w TV, second scree freezes any frame of progra Remote control. Hitachi America. $600.* **30** *Handmad mohair afghan, 4 by 7 fee Nantucket Looms. $185.*

STORE ADDRESSES, PAGE 7

KE TH TRUMB



A new live-in bedroom starring one fresh cotton chintz. The pattern is adapted from an Indian design on an 18th-century peignoir belonging to the Costume Institute of The Metropolitan Museum of Art. The fabric is one of a collection by Brunschwig & Fils based on this inspiring source. It is called "Le Matin" and has a Zepel finish. The blue linen/cotton blend on the loveseat is "Menton Toile." Bed is a "found" piece painted white and given a garland of flowers by John Anderson. "Priscilla" Swiss eyelet bordered sheets, shams of polyester/cotton. The Linen Pavilion at Saks Fifth Avenue. Sheets, full size, $39; standard cases, $21; standard shams, $18. Other sizes available. Adjustable chrome floor lamp by bed. Laurel Lamp at Oriental Lamp Shade. $67. "Untitled" painting by Sidney Guberman. Harcus, Krakow, Rosen, Sonnabend Gallery. $975. Painted box, Normand Maxon. $105. Blue lavender afghan, The Elder Craftsmen. $95. Appliquéd pillow, The Patchworks. $35. William Hodgins, decorator. Red lacquer table, plate with peaches, and soft green plate from Mr. Hodgins.

HORST

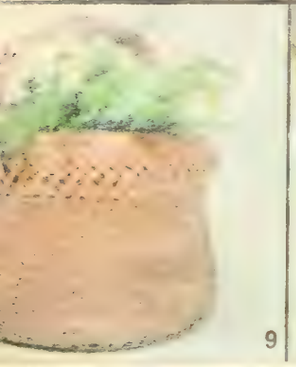

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ALL PRICES APPROX MATE. STORE ADDRESSES PAGE 74.




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Larger than life and bursting with color! Needlepoint flowe pillows handpainted on #14 mono canvas—yarn and needles included. Rose, Anemone, Daisy, Morning Glo are 13 inches and $45. Pansy Violet, Marigold are 10 inches $35 each. The Anemone and Pansy also appear on the cover. Designed by Lou Gartn for Bergdorf Goodman.

1 *A swan for your table Italian ceramic tureen. Settebello. $75.* **2** *The redd apple—basket of bamboo. inches high. New York Unit Nations Gift Center. $11.* *Blown glass "Rooter" h holes on top for cutting strings for hanging. Bloomin dale's. $7.50.* **4** *For the bou teous table—handpainted c ramic tureen. 29½-inch dia eter. Settebello. $300.* **5** *Han made, terra-cotta vase wi glazed interior. Jean-Jacqu Bloos. $35.* **6** *Wilkinson stai*



ents with a personal touch

or plant people and nature folk

el trowels. New York cal Garden Gift Shop. oint, $6.55; all purpose, **7** *Fabric cutouts on lazed clay pots. Marble- Handprints. 5-inch pot, inch, $11; 8-inch, $13. pe mud off on Strutting n iron foot-scraper. m of Fine Arts, Boston. Bamboo wrapped terra- Chinese handwarmer. B. Goode. $17.* **10** *yourself notes on Batik g memo pad. The Gold- lphin. $6.25.* **11** *Gentle as its name, "Spring Flower," Roslyn S. Carren's limited edition "Chu Kuwa" Panda. Carren Porcelains. $300.* **12** *Cordless Electric Yard and Garden Sprayer—1 quart. Inside and out! Rockwell. $20.* **13** *Dress up kitchen homemades: 80 recipe cards, $4.98; 90 jar labels, $4.48. The Golden Dolphin.* **14** *Christmas blooms on —azalea or other plants from your local Teleflorist. $25.* **15** *French lettuce varieties in America! 12 of them plus salad dressing recipes. The French Garden. $6.* **16** *Papier-mâché containers by Page Paper Pottery. Significance 2. Small, $6; 3 small, $15; larger, $12 to $18.* **17** *Lacquered, split-bamboo trays, 27-inch diameter. Diane Love. $60.* **18** *Plant sculpture—"Triple Candelabra," metal espalier frame. Jardiniere. 16-inch, $6.50; 24-inch, $10.* **19** *Folding wooden garden seat, 8½-inch diameter. N.Y. Botanical Garden Gift Shop. $11.* **20** *Rustic twig vase. Cul de Sac at Bloomingdale's. $35.* **21** *Handpainted quilted pillows by Judith Blau. 18 inches square, washable, Dacron-filled. The Gazebo of New York. $125.* **22** *The Plant File has care and feeding tips on 12 plants, blank cards for other varieties. Bran-neu. $7.* **23** *Rattan tables, 28-inch diameter, 27 inches high. Diane Love. $150.* **24** *House & Garden's new book of* 26 Easy Little Gardens *with plans and plant lists. Viking. $16.* **25** *Hand-appliquéd "Oak Leaf" pillow. Washable cotton fabric huddle Products. $22.* **26** *Priority tote—Wine and Cheese by Ethel B. Designs. Sherry-Lehmann. $10 with purchase of any 3 bottles of wine or spirits; also at Higbee's. $15.* **27** *"Belgian Fence" espalier frame with instructions. Jardiniere. 16-inch. $6.50; 24-inch, $10.* **28** *Silk-screened cotton canvas director's chair seat and back. Marblehead Handprints. $12 (send old set for accurate sizing).* **29** *Blackmore and Langdon tuberous*

Fresh ideas from five architects

THE MODERN GARDEN

planned for reasonable cost and upkeep

BY BEVERLY RUS

The modern garden grows in a new way. It is practical, liberating, and needs a minimum of maintenance. To throw a fresh thought on the subject, we asked five leading architects concerned with total planning to give us their ideas. Eac came up with a different point of view. Here are the results, which will interest and inspire anyone trying to coordinate house and landsca

Apple orchard garden

TOM YEE



For a couple with two children who wanted a low-cost, easy-upkeep weekend and vacation place, Stanley Tigerman built what he calls a "Hot Dog house" (see House & Garden, September, 1975) in the prairie 100 miles north of Chicago. The couple bought 9 acres. The property has a hill and falls away about 20 feet to a pond and stream beyond. The house was built at this brink point and the back land is always going to remain wild and natural.

The front of the property is flat as a table. And here the garden Mr. Tigerman proposes is a very simple idea. "Just an apple orchard, a very beautiful, romantic piece of geometry. The house needs protection and screening from a high speed road. Even in winter, because of the orchard, it will be impossible to see the building from the road. The house is like a stage, and the trees will sit there in front of it like an audience."

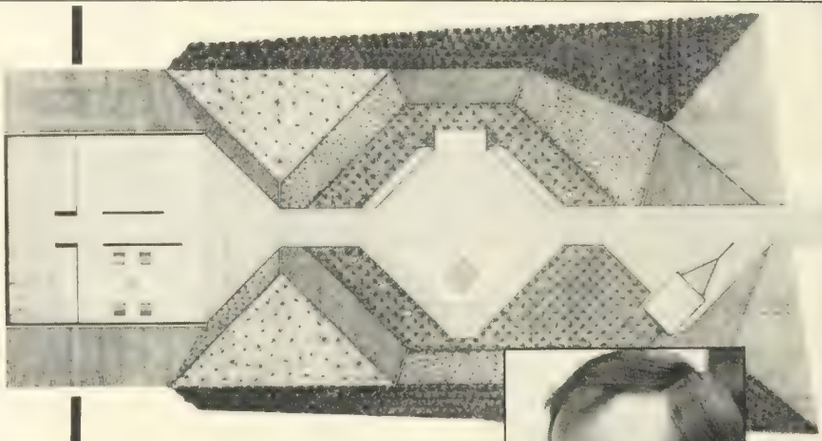
Mr. Tigerman particularly likes the idea of creating this formalized planting in front of a very contemporary house.

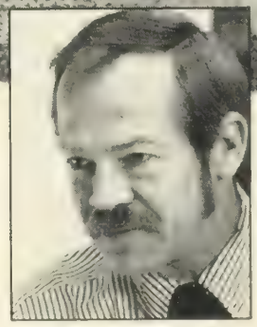
"The precision relates to modern architecture," he says, "yet there is a feeling of freedom and change in this garden. The trees flower, they bring birds, apples fall and return to earth." He anticipates the trees—all one variety—planted 30 feet apart, ultimately *(Continued on page 144)*



Stanley Tigerman

"There is nothing nicer than natural land not made into anything. So when you're outside, you're in the country."





"Earth shaping creates a haven where nature does all the gardening . . . A garden should be a place where you can live. It needs furnishing and lighting, too."

William Morgan

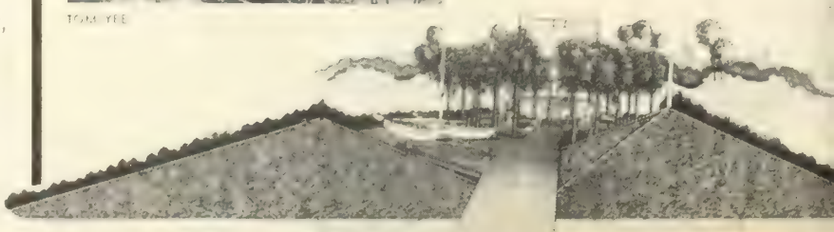
Sculptured earth garden

The house architect William Morgan built for his own family (House & Garden, December, 1973) is on a dune facing the Atlantic in Florida. Winds and hurricanes threaten this particular coastline, so the garden must be well protected. And because the sun beats down and there is lots of glare, shade and shelter are important.



TOM YEE

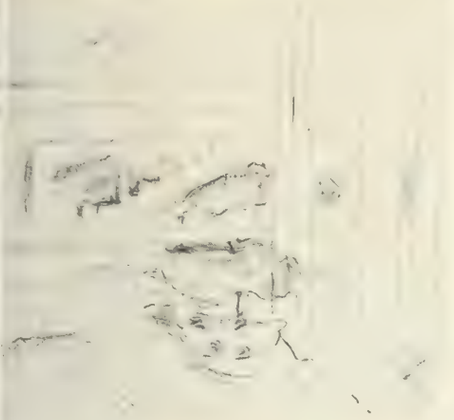
The earth garden he has designed dips deep into the sand on the sea side of the house. Dunes were shaped to create necessary wind breaks, and to hold them in place, planted with yuccas and short rugged palmettos, native to the area. "These berms shelter the house from neighbors, yet they are not walls or fences in the formal sense," he points out. In the bottom of the hollowed out space, a sea of blue juniper makes ground cover. Over this, cedar walkways and decking provide space for picnicking, entertaining, sunbathing, and boat parking. All the planting on the dune berms is seaside material—ice plant, gaillardia, *(Continued on page 144)*



hite house on three levels grows greenery and
ring shrubs on roof terrace.



GODFREY



Roof terrace
ot garden



**vith a terrace garden
u can be outdoors
thout walking into
e landscape.
ie natural environ-
ent becomes a
sual thing, a
rebral experience."**

Michael Graves

ith 40 acres of rolling country around this
ree-story house by Michael Graves in
diana, the couple who live here had various
oughts about the garden. They considered
terrace outside the dining room, or a gazebo
/ the lake. But mosquitoes plagued their
ans. When the house was finally built and
ey went out on the flat roof, they found
sects were not such a problem at this level.
o architect Michael Graves designed a
arden for them up there, with flowers in
ots, or plants and shrubs in containers.

"They are generally people on the run,
ot the kind who like to sit in the yard
nyway," he adds. "They like to entertain a
t, have friends over. A roof terrace, with a
umbwaiter coming straight up from the
itchen makes sense. It's ideal for parties. In
ne summer evenings, they light candles,
ne whole thing looks very good."

Out in the garden proper, there is a small
lower garden to feed the house with bouquets
nd a little rock garden because the wife
articularly likes growing those kinds of
lants. But generally, the outdoors is left
quite natural," adds Mr. Graves, "which
tarts to describe something that needs little
r no care, and provides reasonable order
vithout having to spend lots of time
gardening." *(Continued on page 144)*



"With the increasing inflation and the very real desire to become more self-sufficient, I think it's time to consider growing vegetables for their beauty as well as their utility."

Paul Rudolph

Architectural vegetable garden

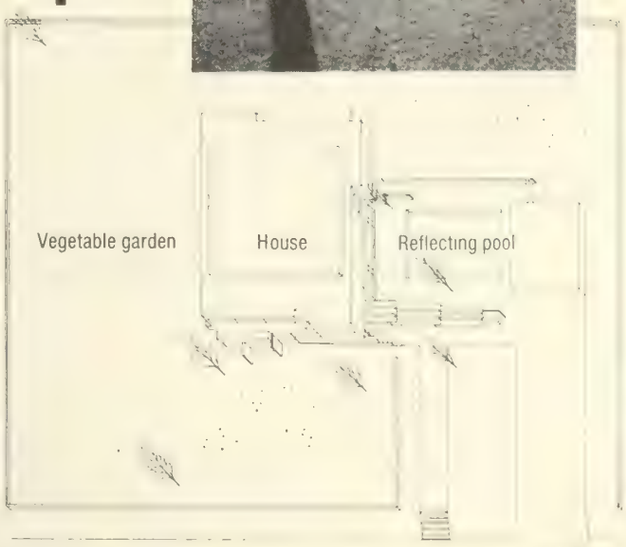
The corner site for this house on the New Jersey shore is quite a small space, 175 by 150 feet. To give the illusion of privacy, architect Paul Rudolph raised the building above the ground by 6 feet, so you cannot look in as you walk on the street. The limited outdoor space around the house has been divided into three parts. One is a motor court. Another is a walled reflecting pool, adjoining the children's rooms on the lower level, a playground for youngsters, a sun trap but cooled in summer by breezes.

"The third space, a terrace on the level with the center floor of the house should be the exact opposite of these other two open areas—full of very green and growing things," explained Mr. Rudolph. What he proposes is a vegetable garden, "planted for beauty as well as utility." All vegetables are to be treated from the visual point of view, in terms of the scale of the leaves, the height of the plants, how they look and change from season to season.

"The planting," adds Mr. Rudolph firmly, "should become as much a part of the total design of the house as the garage." An *(Continued on page 144)*

TONI YEE





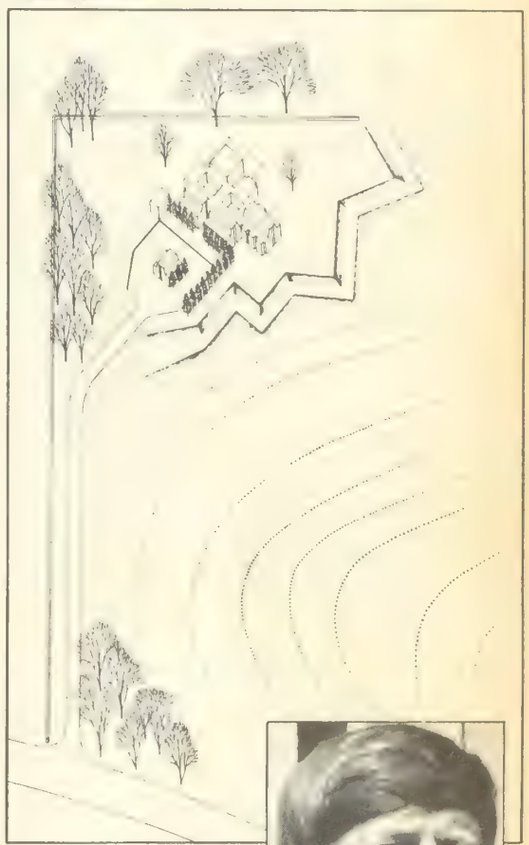
ERCTMAN

Outdoor spaces around this very contemporary house are planned as meticulously as the indoors. To Paul Rudolph the garden is as important as the design of the garage in the whole scheme.

Grass and meadow garden



ROBERT LA TMAN



ERCTMAN



"A garden has to feel comfortab!e with the architecture and be one that the peop!e feel comfortable using."

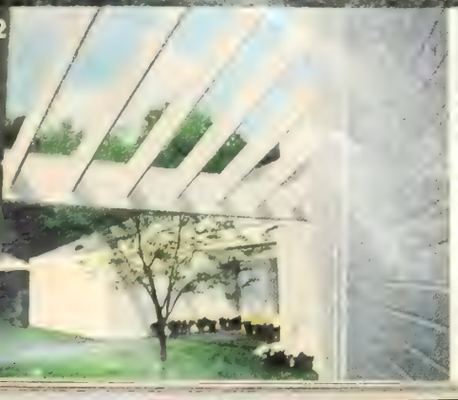
Hugh Newell Jacobsen

Building a large house on a hill in New England that runs for 1000 feet down to the sea, Hugh Jacobsen devised an unobtrusive design that "wouldn't jump out of the landscape." Seven pavilions interlock to give the family all the space they need. They are built on flat podium, carved out of the hill. When it came to the garden, Mr. Jacobsen wanted to continue the variety of sensory experiences felt inside the house—slate floor, shaggy rugs, the cascade of water from an interior courtyard fountain—so he carpeted the level ground around the house with Kentucky bluegrass, which is very crisp and bright and green. "It's a high sensuous experience to step outside through warm puddles in summer rain onto that soft delicious grass.' There is nothing to soften the hard edge where the house meets the ground. To give color, a cutting garden, a great big patch of flowers running at an angle relating to the house, *(Continued on page 144)*

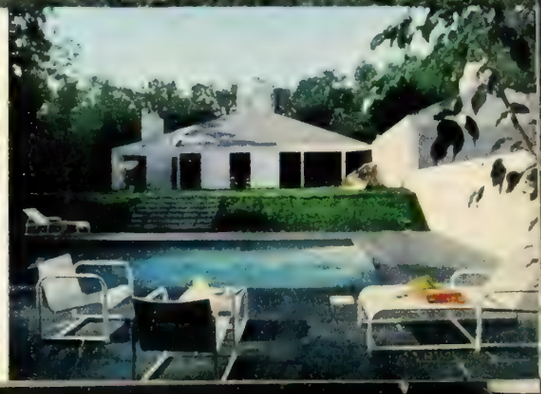
3 PAVILIONS FOR

A house divided for a family of six with separate areas for living, entertaining, and sleeping, where every room has access to the outdoors









LIVING

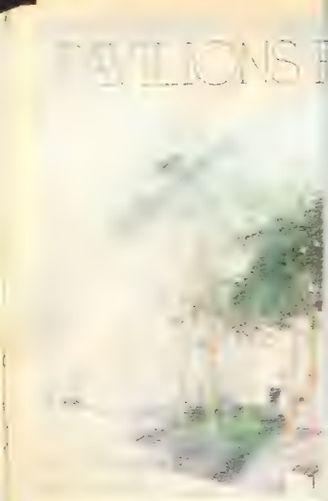


Central pavilion contains living and dining rooms, kitchen, library, and screened porch, all surrounding a central tree-filled atrium. In the sleeping pavilion, five bedrooms are buffered from playroom by closets and on left side, angled exterior walls and triangles of space. Pavilions are joined by 6-foot passageways of glass. Building facts, page 249.

For a family with four grown and teen-aged children and a houseful of dogs and cats, three white pavilions on a wooded area scooped out of a Maryland mountainside provide just what they asked for: privacy from people (including, at times, each other), and intimacy with the rest of the world. Behind the solid brick façades, the pavilions—one for living and entertaining, one primarily for sleeping, the smallest for garage and laundry—are divided along their diagonals to form triangular spaces separated from one another and from the outside world largely by glass and space—and two open onto central skylit "courtyards" under ceilings that peak 22 feet up.

In countryside as rugged as this, architect Hugh Newell Jacobsen had to keep the elements in mind. All doors (sliding glass doors, which stand in for windows throughout the house) are recessed under deep overhangs to protect them from snow, sun, and wind; some are positioned along the buildings' 45-degree diagonals under triangles of exposed rafters that let sunlight filter through. Inside, these acute angles form corners for the piano or for bathrooms. More shallowly recessed doors add enough depth to the walls for closets and built-in cupboards.

1. The four Plexiglas faces of 8-foot-high skylight cupolas slant steeply toward the compass's cardinal points to admit the most light, shed winter snows. House's brick walls direct runoff along mortar patterns to help prevent streaking. "Slate" roof is really asbestos shingles. 2. Sunscreens of exposed rafters admit light to deeply recessed glass doors. Beyond, the front entrance. 3. Screened porch has snow-supporting structural screening in ceiling, fiberglass screens in sliding panels. 4. Pool, set down a carved-out embankment away from the house, is surrounded by the same slate that paves almost the entire house.



1 2

Two great skylit rooms

Inside, you think you're outside: Full-grown trees thrive in slate-paved spaces that go on and on, continuing through glass on all sides to the woods beyond. In the living room, sitting area is defined by a white wool rug on which three sofas covered in Indian handwoven cotton are grouped around fireplace.

In living room, 1 and 2 Mr. Jacobsen designed the practically nonexistent Plexiglas tables (thinly topped with glass to prevent scratching) that back up to the sofas. Painting at left by Tom Downing from Pyramid Galleries. Flush doors open to reveal bar, 1. In the family's more private pavilion, playroom, 3, has pool and Ping-Pong tables, facilities for showing home movies, and under the skylight, a circular conversation group covered with stretch velour. Black dots in the skylight are the bottoms of canned lights that stand in for sunshine at night. Throughout house are similar downlights, some slashed to light-wash walls. Those great graphics are the state flags of Maryland and Colorado.
4. Piano stands deep in a living-room angle. Painting above fireplace by Gabor Petterdi. 5. Dining room is furnished with heirlooms including grandfather's clock, its wooden back replaced with Plexiglas, standing against glass wall. 6. On screened porch off living room and library, Brown Jordan furniture. 7. Kitchen is divided on the diagonal: half for dining, half for cooking. Cooking side has vinyl floor, slant-cut butcher-block work island (see plan on preceding page). 8. The house's only window: a single acrylic sheet rimmed with mirrors.



W anyone can do it

a doctors recommend it

I it's easy stimulating

THE HEALTH PRESCRIPTION OF A LIFETIME

Even before the energy crisis, the average American walked about 3,000 miles a year, according to the Sole Leather Council. Today, with everybody's heightened awareness about heart conditions, weight-watching, circulatory problems, and, equally important, the need to save money, more and more people are taking to their feet. Podiatrists in big cities across the country are noticing the trend, reports Dr. Norman Klombers, Director of Professional Services for the Podiatry Society, State of New York. Could it be that walking is about to become a new American tradition?

"Walking is natural, painless, and biological," says Mrs. Ruth Goode, coauthor of *The Magic of Walking* (a Fireside book by Simon & Schuster). "People are going back to more organic foods and more natural ways of living, trying to relate themselves more and more to their biological inheritance—and walking is man's natural transportation."

"Walking is one of the finest exercises you can have," declares podiatrist Dr. Elizabeth Roberts, author of *On Your Feet* (Rodale Press) and Professor Emeritus at the New York College of Podiatric Medicine, "because when you walk, you're bringing into play your entire body. It's not just muscles, it's circulation and metabolic change. There's no single activity that gives more benefit to the body than walking."

"A cardiologist is looking for two things," explains Dr. Albert A. Kattus, Chairman of the Exercise Committee, American Heart Association, and Professor of Medicine (division of cardiology), University of California at Los Angeles. "One, exercises that are safe for people with heart disease to do; and two, ways to encourage people to adopt habits of activity that may forestall the possibility of heart disease. To my mind, walking is the ideal exercise for both situations."

Greta Garbo's walks are her religion. When Lilli Palmer once collected her off Onassis's giant yacht, she complained, "It is too small! I cannot go for my walks!" Rose Kennedy still walks 3 or 4 miles a day. Here, our special walking experts give their prescriptions for getting the most out of walking, and show why becoming a walker could be the best thing you ever did for the rest of your life.

Why walking is good for you

According to medical experts, walking does following things:

1. Provides good physical exercise for e part of the body.
2. Tones the heart muscle.
3. Improves circulation.
4. Keeps calories under control.
5. Aids digestion.
6. Relaxes nervous tension.
7. Helps you sleep.

How a walk can keep your heart healthy



aron Sussman, co-author f 'The Magic of Walking'.

"The beauty of walking is that it is measurable," says cardiologist Dr. Kattus. "You can measure a mile, and how long it takes to walk it. For heart patients, this is vital. We do a multistage walking test on a treadmill to establish how much exercise people with heart disease can take without risk, and then start them on a walking program taking into account the workload he or she can tolerate—gradually increasing it over time. The trouble with bicycling is that it is too easy on the level, and too hard on uphill, for heart patients. Jogging and running are also totally different kinds of exercise that require skill, training, and experience.

"For a normal healthy person, with no symptoms of heart trouble, the 4-mile-per-hour walking test is quite easy. But the problem with many people is that they do not walk nearly enough in their daily lives. At Los Angeles airport, there are even (*Continued on page 145*)

How to put your best foot forwar

"The ideal way to walk is on the outer borders of your feet with your feet pointing straight ahead," explains podiatrist Dr. Roberts. "You should put the weight first on the heel, then along the *outer* border of the foot and then across the toes, ending with the big one. Your shoe will often tell if you are walking correctly. If the outer border of the heel and the *inner* border of the sole are worn down, that's wrong. It should be the outer border that is worn, all the way round.

Podiatrist Dr. Roberts walking to work.



"For walking, wear the lowest heel you can comfortably wear. For women used to wearing high heels all their lives, a very low heel may not be comfortable. Open toes will be more comfortable for many women than closed toes, particularly if you throw your weight forward a lot. Open toes and open heels are often the easiest to walk in, if you are not walking over rough terrain.

"Do not worry about ankle support. Podiatrists have long since learned that the stability of the ankle is the result of the stability of the foot. Sprained ankles are often due to a person not walking properly. Big shoes and boots are necessary mainly for protection against hard country.

"Choose leather or fabric that allows your feet to breathe and is flexible. Plastics, patent leathers, and reptile are difficult to wear and tire the foot as they have no 'give.' Soles should be leather or ripple or crepe rubber as long as they are flexible.

"*Sneakers* are very good for walking as long as there is some cushioning in the heel against walking surfaces. But if you arch support, do not expect it in the arch raise built into s ers. Arch supports must be p in a shoe according to the in ual need. *Negative heel* (where the heel is lower tha sole) have certain advantag space for toes, a wide shank, heel, lightness, and flexibility people who are not accustom walking in them will find very tiring, because of the pu the leg muscles. Manufact now recommed that custo wear the shoes for just a few h every day to get used to th (Dr. Nathaniel Gould, chief o pedic surgeon at Brockton pital, Mass., and former presi of the American Orthopedic Society, Inc., has done exter tests on these shoes with his leagues, and they have concl that they are twice as tirin sneakers in the long run. Th fect is as though you are cons ly walking uphill. But some may all the same find them satisfactory—it's a personal ter. (*Continued on page*

k relaxing instructive i practical, therapeutic n creative exciting g

BY CAROLINE SEEBOHM



The lasting joys of walking

TED HARDIN



h Goode author of e Magic of lking' h her husband, rald, enjoying e of their orite walks in w York City.

ou don't have to have fields or wild flowers or ks to enjoy walking," says Mrs. Ruth Goode, hor and passionate walker. "Walking on city eets has its own special joy. You become isitive to where it is comfortable to walk cording to the weather. For instance, I find it the East Side of New York City is cooler in the West Side in the morning and the verse is true in the afternoon. If there's a wind owing, it may be colder and windier on the est Side. You learn where the sun hits and here it is in shadow. Walking downtown in the ntertime along Central Park West is a light—the sun is full on you, while the East de is bleak and in shadow. You discover these things as the seasons change.

"The best walking tip I can think of is: *Lengthen your stride.* Everything seems to fall into place then. All those tight back muscles let go, shoulders drop, neck loosens, head comes up, and that top-heavy upper body leans at just the right angle to make each step almost automatic, without effort. And it all happens when you let your legs swing from the hip to take the longer stride. Hard-pressed executive types, both sexes, should particularly take note of this. I've seen men dutifully walk home from their offices, clutching their attaché cases full of work still to be done—but they walk so stiffly and tensely that one wonders if the walk is doing them any good. If they would only lengthen the stride—begin by measuring steps according to the cracks in the pavement—it really works.

"It's what you're doing in your head also that's so great in walking. You're shedding other things, making a transition from where you've come from to where you're going to be. Walking gives you time to get there in your head. That's invaluable, because we're assaulted with so many things that we have to do, that we want to do, that we undertake to *(Continued on page 145)*

New and exciting city walks

A city walker always has something new to see The streets are full of life, sounds, colors, smells scenes to savor. A city you know can always sur prise you—and a city you don't know becomes familiar only through walking its streets. Here is a list of city walks you can send for and read about either if you plan to visit a new city, or simply to discover new places to walk in the cities you know

BOSTON

Boston's Freedom Trail and **Black Heritage Trail** (Boston 200)—two free booklets of fascinating walking tours of this historic town.

Boston 200 Official Guidebook ($1.50)—contains eight major neighborhood walking trails, highlighting contemporary and historically significant sites specially developed for the Bicentennial.

NEW YORK

Walking Around in South Street (South Street Seaport Museum, $2.80)—discoveries in New York's Old Shipping District by Ellen Fletcher Rosebrook.

Walking Tours of Art Deco New York (Oxford University Press)—based on *Skyscraper Style, Art Deco New York,* by Cervin Robinson and Rosemarie Haag Bletter. For a free copy, write to Oxford University Press, Publicity Dept., 200 Madison Avenue, New York, N.Y. 10016.

Friends of Cast-Iron Architecture—spring and fall tours of New York's unparalleled heritage of cast-iron architecture, organized by volunteer friends. Contact Margot Gayle at 44 West 9th Street, New York, N.Y. 10011, telephone (212) GR7-2124.

PHILADELPHIA

Bicentennial City (Pyne Press, $4.95) by John Francis Marion—walking tour of historic Philadelphia

SAN FRANCISCO

San Francisco at Your Feet (Evergreen, $2.95) by Margot Patterson Doss—the great walks in a walker's town.

CHICAGO

Chicago on Foot (O'Hara, $8.95; $6.95 paperback) by Ira J. Bach—an architectural walking tour of The Windy City.

MINNEAPOLIS

Do-it-yourself Tours in Minneapolis (Minneapolis Convention and Tourism Commission in cooperation with the Minneapolis 76 Commission)—a free booklet of completely new Bicentennial-oriented walking tours (and bus trips, if your feet hurt) in this beautiful city.

(Continued on page 145)

DESSERT

The smile at the end of the meal



THE GAIETY OF CHAMPAGNE

Champagne with dessert makes dinner a celebration. It's laughter, it's frivolous, it's fun! The magic of the potion is the bubbles. Connoisseurs tell us to keep the bubbles sparkling by serving champagne in a narrow glass. The champagne flute allows the bubbles to stream airily upward, making it light and delicate. Waiting for the festivities to begin, a cluster of champagne flutes available now.

From left, "Wilma" by Fostoria; "Versailles" imported by J.G. Durand; "Fatima" imported from Portugal by Block; the slender "Dom Pérignon" by Baccarat; and "Kathleen" crystal flute by Waterford Glass.

THE GLEAM OF SILVER

Dessert spoons and forks are the most versatile, movable members of a place setting, holding to no etiquette but your own good sense. The fork can double for salad and the spoon for soup. They can be placed at each side of a dinner plate, above it—or served right on the dessert plate when it's brought to the table.

Right: Sterling silver dessert spoons and forks: Spoons from left, "Angelique" by International; "Carpenter Hall" by Towle. Forks from top: "Madrigal" by Lunt; "Pointed Antique" by Reed & Barton; "Botticelli" by Oneida; "Williamsburg Queen Anne" by Stieff.

TOM YEE

THE BRIGHT DESSERT



Peking Oranges

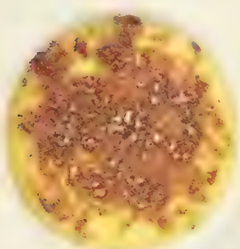


Sweetmeats



Poached Pears Bourgogne

Crème Brulée



Mince Pies



Glazed Grapes



If dessert is a smile, make it one that lingers, and make it a feast for the eye. No need for elaborate productions—a great dessert can be as simple as bright red strawberries in a basket with fresh grape leaves or whole peeled peaches in a compote with champagne. "What *is* important," says Maurice Moore-Betty, who created the six tempting desserts here, "is that dessert be chosen with care. A luscious trifle that might follow a light entrée would be too rich after a heavy casserole. The crème brûlée for example would be a refreshing contrast to a dinner of artichokes, a zesty saltimbocca with a purée of fresh peas, and an endive and julienne of beet harlequin salad."

Mr. Moore-Betty has this to say to calorie counters: "A dessert may be made with liberal lashings of cream and sugar but divided among a number of guests it really is not that much per person. So enjoy dessert and cut out something else the next day."

For recipes and suggested menus please turn to page 138.

White plates make a perfect setting for desserts as small, bright, and colorful as these. *Top left:* "Torse White" porcelain by Haviland; *top right,* "Olympia" by Lenox; *middle left,* "Whitepot" porcelain imported from Denmark by Royal Copenhagen (sterling silver dessert spoon and fork, "Old English Tipt" by Gorham); *middle right,* "Independence" by Franciscan; *bottom left,* "Doccia" from Richard Ginori; *bottom right* "Wedgwood White" by Wedgwood. For shopping information, please turn to page 249.

A collector's item, since 1975.



Recently, and in a limited quantity, the craftsmen of Staffordshire have created what to many people represents one of England's greatest traditions, the Beefeater Yeoman of the Guard.

Rendered as a lamp, it features a hand painted Staffordshire figure, raw silk shade, and a solid mahogany base.

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Address_____
City_____
State_____ Zip_____

Allow 6 weeks for delivery.

"A Marlin Spike—equal parts of dark or light rum and cranberry juice—is a great switch from the usual holiday creamy concoctions"

Parties with punch *continued from page 30*

lemon juice, orange bitters, and soda water. It's wise to have a mild punch as well, when you're serving a rather potent one. For fruited brews try to use fresh or frozen juices in place of canned ones, which tend to be too sweet. Avoid rainbow recipes, more readable than potable, and usually a mad mixture of spirits and sherbets.

Punch party nibbles: Salted nuts, miniature uniced cupcakes, buttered fruit-bread sandwiches, shrimp chips, quiche tartlets.

Switchels, shrubs, or soft drinks are a must for any party because not everyone likes or drinks alcoholic beverages. "Switchel" is a Yankee word meaning water seasoned to taste and meant to be served as a thirst-quencher. Homemade, honest-to-goodness lemonade is the epitome of a switchel and good in cold weather as well as hot. A shrub may be alcoholic, but more generally it is a fruit juice with vinegar compound spooned into water and iced. Raspberry shrub is delicious and can be used in a children's punch as well as an adult cooler. Any time of the year iced coffee with lemon rind, soda water with bitters, or bouillon-on-the-rocks are satisfying quenchers.

Ever since coffee was brought from the Moslem world to Europe in the 17th century, it has become almost a way of life for a lot of us, so why not celebrate **a coffee break party** after dinner or as a late afternoon New Year's pick-me-up party?

Coffee combinations: Espresso with a choice of flavor twists—lemon zest, orange slices, whipped cream. Cointreau, brandy, Kahlua, anisette can be mixed in with coffee for a heady, different demitasse—each guest adding his own choice. Have a coffee bar where different coffees can be concocted: Café Brûlot, Café Diable, Irish coffee, Viennese coffee, cappucino.

Coffee accompaniments: Fancy chocolates, Florentine cookie gaufrettes, apple wedges, pe quarters, a soft cheese, a ha cheese, a blue cheese, curried nut

What's better than **a wine party** Not a complicated tasting of mar wines, but just a judicious choic of white and red wine and a dr and sweet sherry. Buy America and try some of our unusually goo wines, particularly if you live in wine region. Michigan sherry good. New York State's Bully Hi vineyard, the only one which bo tles only its own yield with noth ing added or imported, has som fine wines. Almadén Gewurztra miner is a splendid wine. Whe possible, ask your local wine mer chant for advice rather than rely ing on the hit and miss metho

With wine: Cheeses, of course, an do try some good American one —Tillamook, Vermont Cabot o Crowley, Monterey Jack, Lieder kranz, Wisconsin Cheddar an Swiss, any local specialties. O make your own Liptauer or bee cheese.

Cheese supports: Soft pretzels bagels, small split crusty rolls black bread, water biscuits, brea sticks.

Children's parties are not all bal loons, ice cream scoops, and cake Put on **a soda fountain party** with plenty of aprons for everyone plenty of blenders (beg, borrow or improvise), lots of vanilla and chocolate ice cream, and all sorts of fixings. The simplest soda—and no special equipment needed—can be made with seltzer, ice cream, and flavorings. My childhood homemade favorites were either a Black Cow (root beer and vanilla ice cream) or a Boston Cooler (ginger ale with any ice cream). Let the children do as much of the making as they can. Messy but satisfying. Have lots of adult help ready. Building your own milkshake is exciting for children, too, and makes a memorable party. ■

A bread garland for your cheese

Take a Brie or any round cheese and ring it with a braided wreath of crusty bread. Perfect for a buffet where guests can cut a wedge themselves, it can also be served easily as a cheese course for dinner. For a light lunch, ring the bread around a crab meat salad, a salmon mousse, a decorated pâté. With it serve a decanter of wine—this one, Almadén's new Barbera.

EMERICK BRONSON

WINE & FOOD

QUICK TIPS • SUPER RECIPES • MENUS • ENTERTAINING IDEAS




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BOKARA LEGENDRE'S PARTY FOR 10

°Senegalese Soup
°Moroccan Lamb and Fruit Tagine
Pilaff
een Salad with Fresh Basil
Feta Cheese, Brie
Pita Bread
try Basket with Swan Filled with Lemon Sherbet and Strawberries
(about $5.50 per person)

EGALESE SOUP

REDIENTS
nions, chopped
unch celery, chopped
ıp butter
ıblespoons flour
ıblespoon curry powder
pples, chopped
2 cups cooked chicken, diced
uarts chicken broth
ay leaves
ınd half
HOD
pan cook onions and celery in r until wilted. Add flour and y powder and cook a few more ıtes.
ı a blender blend in batches wilted vegetable mixture, ap- chicken, and broth, and add ı batch to a large pot. Add bay es and bring mixture to the Remove pot from heat, dis- l bay leaves and allow mixture each room temperature. Chill l day.
efore serving, add half and cream to taste. Serves 10.

ROCCAN LAMB AND UIT TAGINE

REDIENTS
onions, sliced

pounds lamb, cubed
tomatoes, chopped
teaspoons salt
teaspoon pepper
bay leaves
sley, chopped
teaspoon ginger, grated
cup dry white wine
cup plumped raisins
cup dried peach halves
cup dried apricot halves
8-ounce package prunes
teaspoon coriander
teaspoon turmeric
¼ cup brandy
2 tablespoons honey
½-1 cup pine nuts
garnish: slices of hard-cooked eggs and fresh parsley

METHOD

In an enormous frying pan sauté onions in oil until lightly brown. Remove onions from pan and add lamb cubes and brown them in the oil. Add to the pan onions, tomatoes, salt, pepper, bay leaves, parsley, and ginger and mix together gently. Add white wine, raisins, peaches, apricots, prunes, coriander, turmeric, brandy and honey to the mixture and mix together. Add pine nuts and stir.

Transfer mixture to a large crockery or ceramic pot, cover and bake in a 350° oven for 1 hour. Dish can be precooked for ½ hour and then put back in oven for ½ hour before serving. Do not cook more than 1 hour.

Garnish dish with eggs and fresh parsley. Serves 10-12.

MRS. MICHELLE HALARD'S BUFFET FOR 14

°Pot-Au-Feu
(served with its own bouillon on the side)
Grated Cheese
Toasted Bread
Pickles
Selection of Cheeses
Chocolate Cake, Floating Island, and Fruit Tarts
(about $5.50 per person)

POT-AU-FEU

INGREDIENTS

5¼ pounds rump roast, boned
1 small round steak (to flavor broth)
bones for broth (leftover bones, soup bones or short ribs)
10 cups salted water plus 1½ cups cold water
28 whole carrots, cleaned
14 whole turnips, cleaned
28 leeks, cleaned
2 large onions, each spiked with a clove
2 stalks celery
bouquet garni (fresh basil, thyme, bay leaf tied together in a piece of cheesecloth)

METHOD

In a large, deep, heavy pot place meat and bones, and cover with salted water and bring to the boil. Reduce to a simmer and cook, uncovered, for 1-2 hours. Skim surface 2-3 times by adding the cold water to bring foam to the surface.

Add carrots, turnips, leeks, onions, celery, and bouquet garni to pot and cook very gently for 3 more hours, covered. Strain off the broth and de-fat with paper napkins laid on the surface. Reduce broth by ⅓ and discard onion and celery.

Arrange meat on a large platter and surround with vegetables. Pour strained broth into a stoneware bowl. Serves 14. Can be prepared ahead and refrigerated for 8 days.

If you wish, add a chicken or some sausage or both with the vegetables; include fresh or dried beans, cooked separately and added at the last minute, or any in-season vegetable; accompany it with a puréed tomato sauce.

MRS. MANUEL CANOVAS'S BUFFET FOR 60

Crudités: basket of hard-cooked eggs, radishes, bunches of celery, carrots, small raw artichokes, small baskets of tomatoes, and large black olives (like Lindsay's Colossal Ripe Olives)
plates of rolled anchovies, baskets of beans accompanied by a large piece of Parmesan cheese, fennel, and quartered cabbage flowers
Bowl of Avocado Sauce
A Bowl of Mayonnaise with Herbs (chives, tarragon, basil, and parsley)
A Bowl of White Cheese with Herbs
Wooden Boards with Sausages
Served hot at the last minute:
Large Salad Bowl with Green Noodles and Basil Sauce (butter, cream, and a hint of basil)
°Large Salad Bowl with Spaghetti à la Greta Garbo
Zuppa Inglese, Crème Anglaise
Brolio or Valpolicella
(about $4.50 per person)

SPAGHETTI A LA GRETA GARBO

Cook spaghetti al dente or to retain a bite and toss with a sauce made of cream, butter, and minced salmon.

MRS. WILLIAM WILDER'S BEACH BUFFET FOR 12

Cold Lamb
°Hot Chicken Mustard
°Bay Shrimps with Melon Crescents
Knockwurst Salad
Kasha
Breads: Pumpernickel, Country French, and Bavarian Rye
Blueberry Dessert with Sour Cream
(about $4.50 per person)

HOT CHICKEN MUSTARD

INGREDIENTS

4 chicken breasts, split, boned, skinned, cut again in half
chicken broth made with 2 Knorr Cubes
Dijon mustard
2 tablespoons butter
2 tablespoons flour
1 cup heavy cream
¼ teaspoon white pepper
½ teaspoon salt
paprika

METHOD

Poach chicken in the chicken broth (broth should barely cover chicken) for about 20 minutes. Drain chicken pieces and allow to cool.

Preheat oven to 350°. Place chicken in flat baking dish, spread pieces with mustard.

In a saucepan melt butter and add flour and cook a few minutes, but do not allow mixture to brown. Add cream and heat through, stirring constantly. Add pepper and salt and cook the sauce until it thickens slightly. Pour sauce over chicken and add a dash of paprika for color. Bake for 15 minutes, or until sauce is bubbling and chicken is warm through. Serves 6.

BAY SHRIMPS WITH MELON CRESCENTS

INGREDIENTS

2 pounds bay shrimps, cooked
1 cup mayonnaise
½ cup ketchup
lemon juice to taste
chopped dill weed to taste
cantaloupe cut into crescents

METHOD

Toss shrimp with a dressing made of mayonnaise, ketchup, lemon, dill. Mound on platter; surround with cantaloupe crescents.

Continued on next page

Parties with little price tags *continued from preceding page*

YEAR-ROUND STRAWBERRY PRESERVES

from Gifts from the Kitchen
by Diana and Paul von Welanetz

INGREDIENTS

- 3 10-ounce packages frozen sliced strawberries, thawed
- ¼ cup water
- 1 1¾-ounce package Sure-Jell powdered pectin
- 6 cups sugar
- ⅓ cup Grand Marnier, kirsch, Cointreau, or Triple Sec
- 3 tablespoons fresh lemon juice
- paraffin

METHOD

In a large kettle combine strawberries, water and pectin and bring the mixture to a boil, stirring occasionally. Boil for 1 minute and stir in the sugar, and bring to a full, rolling boil that cannot be stirred down. Boil hard for another minute. Remove the pan from the heat and stir in the liqueur and lemon juice. Allow to stand for 5 minutes, stirring occasionally. Skim off the foam. Pour the preserves into 6 ½-pint hot, sterilized glasses and seal at once with paraffin. Jam may be stored in the refrigerator without being sealed in jars for about 1 month. It will keep 6 months sealed.

CHRISTMAS PEPPER JELLY

from Gifts from the Kitchen
by Diana and Paul von Welanetz

INGREDIENTS

- 1 cup green bell pepper, seeded and chopped
- ¼ cup canned jalapeño pepper, rinsed and seeded
- 1½ cups apple cider vinegar
- 6 cups sugar
- ½ cup red bell pepper, seeded and finely diced
- 1 bottle Certo
- 8-9 drops green food color
- paraffin

METHOD

In a blender add green pepper, jalapeños and ½ cup vinegar and blend until smooth. Pour mixture into a 4-quart saucepan. Rinse the blender container with the remaining vinegar and add it to the green peppers. Stir in the sugar and red peppers and bring mixture to a hard boil that cannot be stirred down. Remove pan from heat and let stand for 5 minutes. Skim the foam carefully off the top, leaving as many of the red pepper pieces as you can. Stir in the Certo and green food color. Pour immediately into containers or into sterilized jars and seal with melted paraffin. Makes about 7 cups. This will keep for a month if covered with plastic wrap in the refrigerator. It may be stored indefinitely in a cool place if sealed in sterilized jars.

HONEY BOURBON FRUITCAKE

from Françoise Barton

INGREDIENTS

- 1 pound candied citron, cut into small pieces
- 1 pound candied or dried apricots, cut into small pieces
- ½ pound dates, cut into small pieces
- 4 ounces candied lemon peel
- 4 ounces candied orange peel
- 1½ pounds raisins
- 1 pound currants
- 4 ounces walnuts, chopped
- 1½ cups whole wheat flour
- 1½ cups white flour
- 2 teaspoons baking soda
- 3 cups honey
- 1 cup butter, melted
- ½ cup bourbon
- 3 teaspoons cardamom seed, ground
- 2 teaspoons ginger, grated
- 2 teaspoons cinnamon
- ½ teaspoon cloves, ground
- 6 whole eggs
- ½ cup currant jelly

METHOD

In a large bowl mix chopped fruits, raisins, currants, and walnuts. Sift flours and soda over fruits and mix in honey, butter, and bourbon. Thoroughly mix in spices. In a separate bowl beat eggs and jelly together and add to fruit mixture.

Mix until all fruits are coated with batter. Divide batter into parts, place on double, greased squares of foil, gather up edges to form balls. Place in ½ inch of water to cook. Make sure open edges of foil are above water line. Bake at 300° for 2-2½ hours depending on size of balls.

TERRINE MAISON

from Françoise Barton

INGREDIENTS

- 2½ pounds pork—½ fat, ½ lean—ground
- 1½ pounds liver, ground
- ½ pound beef or veal, ground
- 7 tablespoons butter
- ⅓ cup shallots or scallions, chopped
- ½ teaspoon garlic, chopped
- ½ pound whole chicken livers
- ¼ cup cognac
- 3 tablespoons whipping cream
- 2 teaspoons lemon juice
- 2 tablespoons flour
- 1 egg, lightly beaten
- ½ teaspoon allspice
- 1½ tablespoons salt
- 1 tablespoon pepper, freshly ground
- ½ teaspoon cayenne pepper, or less to taste
- ½ pound fresh pork fat or bacon cut in thin strips

METHOD

Combine ground meat in a large bowl. In a skillet, melt 5 tablespoons butter and brown together the shallots or scallions and garlic. Add mixture to the meat and mix well.

In the same skillet melt remaining butter and brown livers gently. Remove livers from pan. Reserve.

Deglaze skillet with the cognac and add this to the ground meats.

Add cream, lemon juice, flour, egg, and spices to the ground meats.

Preheat oven to 350°. In a 2-quart mold or terrine pan, lay thin strips of pork fat or bacon and fill ½ of terrine with the ground meat. Then lay the chicken livers in the center and cover with the remaining meat. Cover the top with more strips of fat.

Cover and bake in ½-inch of water for 2 hours.

WILD GRAPE JELLY

from Mrs. Eugene Kennedy

INGREDIENTS

- 10 cups grapes, whole—Red Fox or Northern Fox, but could also use Concord—¾ ripe, ¼ not quite ripe for more pectin and tart taste
- 10 cups sugar
- very little water

METHOD

In a heavy saucepan over moderate heat, cook grapes and sugar with a little water to prevent scorching. Boil for 20-30 minutes or until grapes split and become soft and mushy.

Put through a food mill and spoon into sterilized jars. Seal. Makes about 12 8-ounce jars.

FRANCES PELHAM'S CHAMPAGNE MUSTARD

from Gifts from the Kitchen
by Diana and Paul von Welanetz

INGREDIENTS

- ⅔ cup Coleman's dry mustard
- 1 cup sugar
- 3 whole eggs
- ⅔ cup white champagne st vinegar (Regina)

METHOD

In the top of a glass double l add mustard and sugar and t the eggs, followed by the vi Place double boiler top ove ing water and beat constant 4-7 minutes until thickened. into containers. This will ke months in the refrigerator.

BEACH PLUM JELLY

from Mrs. Eugene Kennedy

INGREDIENTS

- Beach plums, ⅔ ripe, ⅓ not c ripe (for more pectin and tart taste), washed, clean
- water
- sugar

METHOD

In a large, heavy saucepan p plums with enough water to c halfway up the plums. Boil the plums split and stones arate. Strain overnight throu jelly bag suspended over a b

Discard contents of bag, r sure strained liquid and put heavy pot. Add 1 cup sugar each cup of liquid. Boil toget using no more than 4 cups of li in a pan, and keep boiling u mixture reaches the jelly st about 220°.

Pour into sterilized jars. If not jelling, return to pot and c a little longer. Add more suga necessary to help jelling. E batch makes about 6 8-ounce j

BUTTER ROASTED PECAN

from Gifts from the Kitchen
by Diana and Paul von Welanetz

INGREDIENTS

- 4 cups pecan halves
- ½ cup butter or margarine, melted
- 1 tablespoon coarse salt (Kosher salt)
- 1 teaspoon ground black pepp

METHOD

Heat oven to 350°. Toss the pec halves in the melted butter a place them in one layer in a sh low baking pan. Roast them in t oven for 15 to 20 minutes, stirri often to prevent burning. Remo from oven and shake the nuts i brown paper grocery bag to move the excess butter. Sprink the salt and pepper over them the bag and shake again. These a best served at room temperatu

These may be made wee ahead and stored in an air-tig container in the refrigerator. ■

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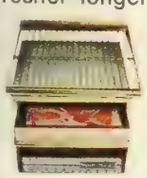
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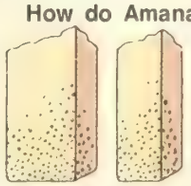
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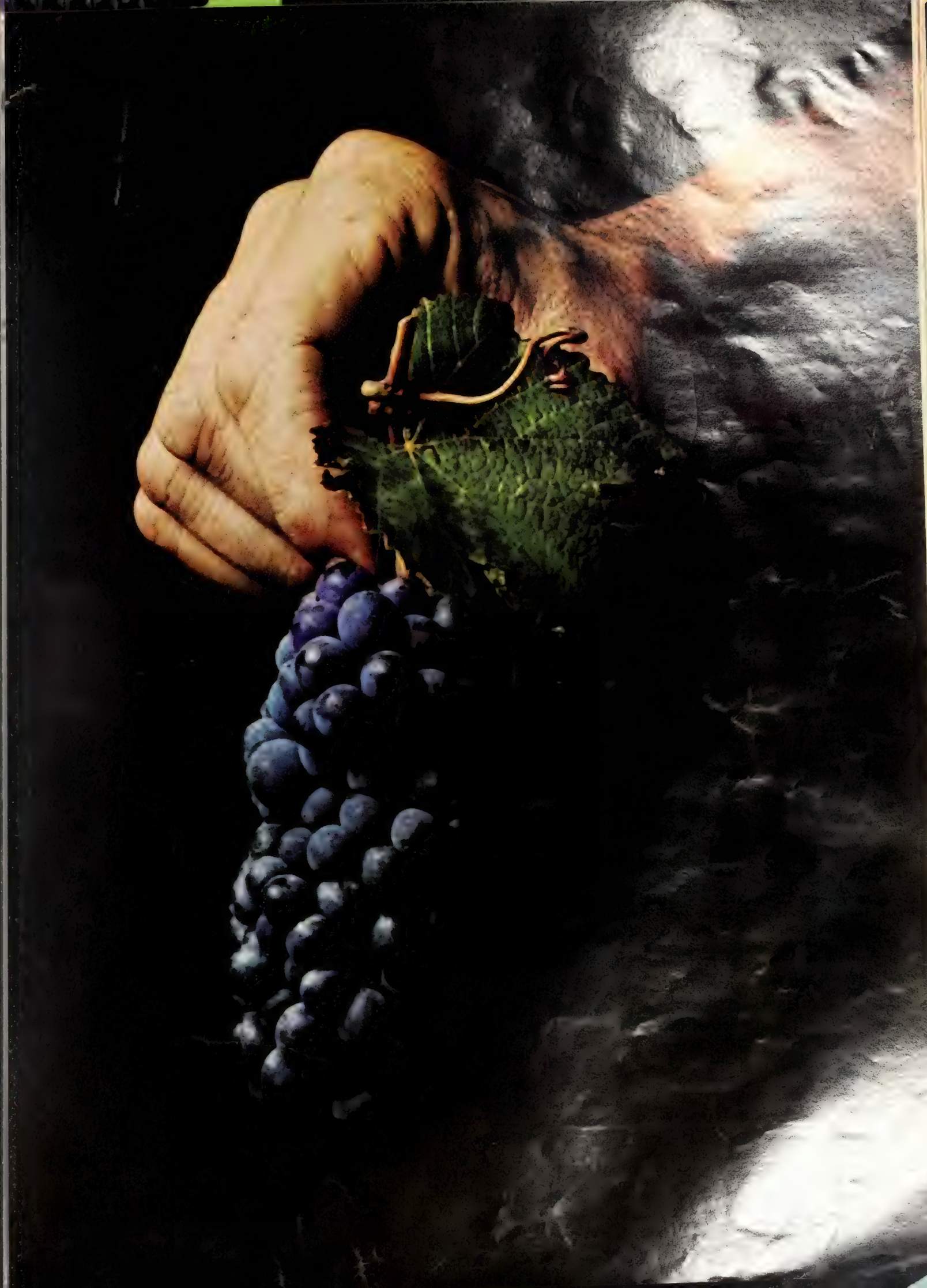
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For a copy of "News from the Vineyards," write Almadén Vineyards, Box 997K, Los Gatos, California



The menu for Pierre Franey's daughter's wedding, page 96, was served in three parts. A selection of cold dishes, salads, and pâtés, next a hot bu of meats and vegetables, and finally the dess

Great party food, hot and cold, from 6 great chefs

When Pierre Franey planned the menu for his daughter's wedding, he included spectacular dishes he and his friends love to eat and cook. Friends and chefs who helped with the menu and devised recipes were: Jean-Jacques Paimblanc, Jean Vergnes, Jacques Pepin, Raymond Bruballa, Jean-Louis Todeschini, Craig Claiborne.

MUSSELS VINAIGRETTE

INGREDIENTS

- 5 pounds small mussels, cleaned, well-scrubbed
- ½ cup white wine vinegar
- 2 sprigs thyme
- 1 bay leaf
- ground black pepper
- 1½ cups red onion, chopped
- ⅓ cup parsley, chopped
- ¾ cup peanut, vegetable, or corn oil

METHOD

Place the mussels in a kettle and add ¼ cup vinegar, thyme, and bay leaf. Cover and steam until they open, 5 to 10 minutes. Drain. Empty the warm mussels into a large serving dish or mixing bowl. Toss with the remaining ingredients including the remaining quarter cup of vinegar. Serves 12 or more.

MUSTARD SAUCE

INGREDIENTS

- 1½ cups imported prepared Dijon or Dusseldorf mustard
- 4 teaspoons dry mustard
- ¾ cup sugar
- ½ cup white vinegar
- 1⅓ cup peanut, vegetable, or corn oil
- 1 cup dill, chopped
- salt to taste

METHOD

Place the prepared mustard, dry mustard, and sugar in a mixing bowl and blend well. Add the vinegar, stirring. Gradually add the oil, beating rapidly with a wire whisk. When blended and smooth, add the dill and salt to taste. Yield: about 3 cups.

CUCUMBER SALAD WITH DILL

INGREDIENTS

- 20 or more cucumbers (3 quarts), peeled and thinly sliced
- ¾ cup plus 2 tablespoons sugar
- 1¾ cups white vinegar
- salt to taste
- ½ cup dill, finely chopped

METHOD

Place cucumbers in a large mixing bowl and add ¾ cup sugar and 1¼ cups vinegar; add salt to taste. Mix well and let stand. The cucumbers will give up a good deal of liquid. Refrigerate 1 hour or so and drain.

Add remaining sugar and vinegar and more salt to taste. Add dill, toss. Yield: 60 or more servings.

HEAD CHEESE SALAD

INGREDIENTS

- 4 pounds boneless pork shoulder
- ½ teaspoon saltpeter (see note)
- 2 tablespoons salt
- 4½ pounds pork rind (available in pork stores in metropolitan areas)
- 8 cups water
- 2 cups dry white wine
- 3 whole cloves
- 3 or 4 small whole onions, peeled (about ½ pound)
- 4 whole carrots, scraped (about ½ pound)
- 5 whole cloves garlic, peeled
- 5 allspice
- ½ teaspoon hot red pepper flakes
- 2 bay leaves
- 6 sprigs parsley
- 6 sprigs fresh thyme or 1 teaspoon dried
- 10 peppercorns
- salt to taste
- ½ teaspoon grated nutmeg
- vinaigrette sauce

METHOD

Cut the pork shoulder into large cubes and add the saltpeter and salt. Stir to blend. Cover and let refrigerate overnight. Drain the pork shoulder and add it to a kettle. Roll a few lengths of pork rind at a time and cut them into 2-inch lengths. Add them to the kettle. Add the water and wine. Stick the whole cloves into one or two of the onions and add th Add the carrots, garlic, allsp pepper flakes, bay leaves, pars thyme, peppercorns, and s Bring to a boil and simmer fo hours or until the meats are ten Strain the cooking liquid int kettle and bring to a boil over h heat.

When the meats are c enough to handle, cut them i 1-inch cubes and add them to boiling stock. Add the nutm and simmer about 10 minut Discard the vegetables and gar Spoon equal amounts of the m ture into 3 standard-size loaf p (about 6 cups each). Let c until set. Cover with waxed pap rectangles and add a light weig to each pâté. Refrigerate u ready to serve. Serve cut into th slivers with a vinaigrette dressi Makes 3 loaves.

Note: Saltpeter is available drugstores.

POTATOES DAUPHINOISE

INGREDIENTS

- 2 pounds boiling potatoes, peeled (about 5-6 cups)
- 2 cups milk
- 1½ cups heavy cream
- 1 large or 2 small cloves garlic, peeled, crushed, and minced to purée
- ¾ teaspoon salt
- ½ teaspoon white pepper, freshl ground
- 1 tablespoon butter for dish
- ½ cup Swiss cheese, grated

METHOD

Wash the potatoes well and d them thoroughly. Slice the pot toes ⅛-inch thick into a large sauc pan. Add the milk, cream, garli salt and pepper and bring th liquid to a boil over moderate hea stirring with a wooden spatula t prevent scorching. Remove th pan from the heat. Pour the po tato mixture into a well-butter gratin dish or a shallow bakin dish. Sprinkle the grated chees over the mixture and bake on baking sheet in a preheated 400 oven for about 1 hour. The pota toes are done when they are nicel browned and the tip of a knif pierces a potato easily. Let th dish stand for 15-20 minutes be fore serving. Serves 8.

Continued on page 14



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GENERAL ELECTRIC

Looking for that last sweet note to end a holiday least? Maurice Moore-Betty, great cook, teacher, and author picks his six favorites to bring a g meal to a delicious close. See them on page 12

6 great holiday desserts

and menus they would end with a smile

PEKING ORANGES

INGREDIENTS
- 4 large navel oranges
- 1 cup water
- 2 cups sugar
- pinch of cream of tartar
- ¼ cup orange Curaçao or other orange-flavored liqueur

METHOD

Peel the oranges leaving white pith on the oranges. Cut peel into very fine julienne strips. In a saucepan, heat the water and dissolve sugar in it. Add cream of tartar and orange peel. Bring to a boil and simmer until thick. Be careful not to overcook or the syrup will caramelize. Take off fire and add liqueur. Chill.

Peel oranges again with a sharp knife removing all white pith. Slice in rounds. Arrange on a pretty dish and spoon syrup and julienned orange peel over orange slices. Serves 4-6.

SWEETMEATS

INGREDIENTS
- 1 cup butter
- 2 cups plus 2 tablespoons flour
- 3 cups dark brown sugar
- 4 eggs, beaten
- 1 cup coconut, grated
- 2 cups pecans, chopped
- granulated sugar

METHOD

Heat oven to 375°. For the base, cream the butter, 2 cups flour and 2 cups brown sugar together until soft. Spread out carefully with fingers on a 15-by-10-inch baking sheet and bake for 15 minutes. For the topping, mix carefully the remaining brown sugar, eggs, 2 tablespoons flour, coconut, and pecans. Pour this over the previously baked layer on the baking sheet and bake for 20 minutes. Remove from oven and sprinkle immediately with sugar. Cut biscuits while still warm. If they are not to be eaten right away, store them in an airtight tin. Makes about 3 dozen biscuits.

GLAZED GRAPES

INGREDIENTS
- 2 cups sugar
- 1 cup boiling water
- small bunches of white grapes with stems
- vegetable oil

TOM YEE



Maurice Moore-Betty prepares desserts in his kitchen where he teaches, cooks for friends, and works on books; his latest, *Mary Poppins in the Kitchen*, a cookbook and story written with author P. L. Travers.

METHOD

In a saucepan dissolve sugar in the boiling water. Just before a candy thermometer reaches 290° (hard crack stage) remove pan from heat as it will continue to cook and reach this stage in a few seconds.

Select small bunches of white grapes that are free of blemishes and have tight skins (no holes). Hold stem end with tongs and dip into hot syrup, coat thoroughly, and drain. Allow to cool on a lightly oiled cookie sheet. Grapes can be made 2-3 hours before serving.

POACHED PEARS BOURGOGNE

INGREDIENTS
- 6 small Bartlett pears, not too ripe
- juice of 1 lemon
- water
- 2 cups red burgundy
- 2 cups sugar
- 2 sticks cinnamon
- 4 whole cloves
- mint leaves

METHOD

Peel the pears leaving the stems intact. Cut a slice from the bottom so they will stand upright. Add lemon juice to 1 quart of water and as the pears are peeled put them into this mixture until needed. In a large saucepan combine wine, sugar, cinnamon, cloves and enough water to cover pears. Cover and simmer gently for 30 minutes to infuse. Add pears and poach until tender, about ½ hour. Length of time will depend upon the ripeness of the fruit. Cool in the poaching syrup. To serve, drain and decorate with fresh mint leaves. Serves 6.

CREME BRULEE

INGREDIENTS
- 4 egg yolks
- ¼ cup granulated sugar
- 1¾ cups heavy cream
- praline powder or light brown sugar

METHOD

In a mixing bowl beat the egg yolks and add sugar gradually; beat for 3 or 4 minutes. In a heavy saucepan heat the cream to almost boiling. Add cream to the egg yolk mixture a little at a time so that the yolks warm gradually. Pour back into the saucepan and set over low heat. Stir slowly until it thickens and the back of a wooden spoon is coated. Be sure to stir the bottom and sides of the pan. Remove from heat and beat until it cools to prevent a skin from forming. Pour into four ¾-cup ramekins and chill in refrigerator. Custard may be made the day before and stored in refrigerator overnight. Up to 2 hours before serving, sprinkle with praline powder or sugar and run under the broiler until the sugar melts, being careful that sugar does not burn. Serves 4.

MINCE PIES

INGREDIENTS
- 1 recipe all-purpose short pas (see below)
- 4 tablespoons dark rum
- 1½ cups good commercial mincemeat
- 1 egg yolk
- 1 tablespoon water
- superfine sugar

METHOD

Heat oven to 375°. Roll out pas to about ⅛ inch thick. Mark 6 cles larger than 4-inch tartlet t Fit them into tins pressing eve into corner leaving surplus ha ing over the sides. Prick all o with fork. Press foil neatly i pastry cases to prevent pas from rising. Bake for 15 minut Remove from oven and trim ed with sharp knife. Mix rum w mincemeat and spoon into she Mound slightly. Stamp out rounds of pastry with a tartlet t Fold in half and place on top mincemeat so that half the tart covered, scalloped edge to sc loped edge. Blend egg with wa and brush on pastry top. Bake 20 minutes. Dust pastry top w sugar while still hot. Serve wh still warm. Mince pies can be ke for several days covered with f and warmed to serve. Serves 6.

BASIC SHORT PASTRY

INGREDIENTS
- 2 cups all-purpose flour
- pinch of salt
- 3 level tablespoons cold vegetable shortening
- ½ cup cold butter
- 3 tablespoons cold water, approximately

METHOD

Sift the flour and salt into a mi ing bowl. Add the shortening a chip the butter into the bow Break up with a pastry blend until the mixture is coarse a mealy. Add enough cold water form a ball and handle as little possible. Transfer the ball to floured board. Spread out with t heel of your hand once, gather in a ball, seal in a plastic bag, a refrigerate for at least 2 hours.

Each of these desserts provid just the right surprise ending to party dinner. Maurice Moor Betty suggests the followin menus:

MENUS

àté with Melba Toast
tuffed Baked Sea Bass
ooked Spinach Leaves
Peking Oranges

Florentine Eggs
Corned Beef with
Horseradish Sauce
Vegetable Salad
ached Pears Bourgogne

Tomato Consommé
Poached Capon with
Sauce Suprème
Carrots à la Vichy
Green Salad
Mince Pies

ushrooms à la Grecque
n Braised in Champagne
Endive Gratiné
Potato Purée
Sweetmeats

Braised Jerusalem
Artichokes
Saltimbocca
Fresh Pea Purée
Salad Harlequin
Crème Brûlée

Salad Romano
Roast Beltsville Turkey
with Oyster Stuffing
Braised Celery
Glazed Grapes

'RICORN PUDDING

REDIENTS
cup sweet butter
cup brown sugar
eggs, lightly beaten
heaping tablespoons
raspberry jam
cup flour
teaspoon baking soda
pberry Hard Sauce
e below)

THOD
am the butter and sugar.
nd in eggs and jam. In a
arate bowl sift together the
ır and baking soda and fold
ckly into the jam mixture.
on the mixture into a
ased 1-quart steaming mold
l steam for at least 2 hours or
ger. The pudding can be
ot warm over hot water for
to 2 hours. Serve hot with
spberry Hard Sauce. It is
o delicious cold. Serves 6-8.

ASPBERRY HARD SAUCE

GREDIENTS
cup confectioners' sugar
cup butter, softened
tablespoons raspberry jam
tablespoon lemon juice

ETHOD
a bowl, work the sugar into
ftened butter with a wooden
oon. Stir in jam and lemon
ice. Refrigerate.

Voilà!



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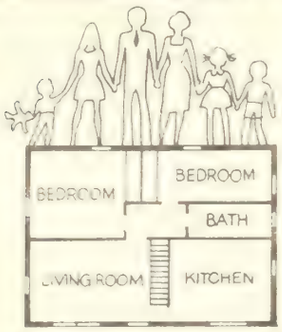
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Address _____
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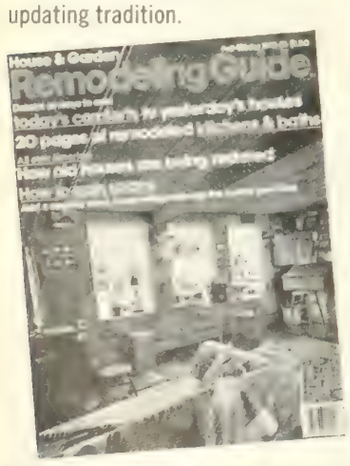


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A delicious crusty wreath rings a Brie for a great new look to bread cheese. Cut them together in easy-to-serve wedges. Bake two wreaths a round pâté, wine, and a green salad and you have great quick foo cocktails or a buffet.

Crusty bread wreaths to circl a cheese or pâté

These beautiful crusty bread wreaths can be used to circle a variety of party foods and give a festive look to any holiday buffet. Made from Bolillos, a Mexican dough that makes a crusty, crunchy bread, the wreaths can be used to circle cheeses, from Brie to Edam; pâtés and mousses of chicken, liver, or salmon, or even a bountiful mound of sliced hot sausage to make the most irresistible party food.

Judy Glazer, who teaches bread- and pastry-making from her kitchen in Dallas, fashions these wreaths with the skill of an artist, which, incidentally, she is. She also makes exquisite bread rolls, a bunch of grapes (see page 92), a clutch of asparagus, a little mound of peas in their pods. These breads can be made ahead and frozen to serve later or allowed to dry out and varnished for holiday ornaments.

BOLILLOS

(Mexican hard-roll dough)

INGREDIENTS

- 2 cups water
- 1½ tablespoons sugar
- 1 tablespoon sea salt
- 2 tablespoons butter
- 1 rounded tablespoon dry yeast
- 6 cups or 29-30 ounces unsifted, unbleached, hard wheat flour, weighed
- 1 teaspoon cornstarch dissolved in ½ cup water

METHOD

In a small saucepan combine water, sugar, and salt and stir to dissolve. Add butter and heat mixture slowly to 115° on a thermometer. Pour mixture into a mixing bowl, add yeast, and allow to stand a few minutes until bubbly. Stir to dissolve yeast completely. Add flour to bowl and knead for about 10 minutes or until dough is velvety smooth. Grease a large bowl, add dough and turn dough over to grease top. Cover with plastic wrap and let rise in a warm place until dough has almost doubled in size (about 1½ hours).

METHOD FOR MAKING WREATHS

Punch dough down to release air bubbles and turn out onto a floured board. Cut off a lump of dough weighing 34 ounces; reserve remaining dough for making bow. Divide dough into 3 equal pieces. Form these into balls, cover, and let rest on board for 10 minutes. Roll the balls into 3 strips, about ½ inch in diameter, and 4½ feet long, using palms of hands on table or countertop. Braid strips together.

Grease 14-inch-long baking sheet and place in the center a round 8-inch baking pan greased on the outside. Place braided dough on sheet encircling pan. Trim ends as neatly as possible. Use a drop of water to stick together.

To make bow: Roll out 4 o of dough into a strip 28 inche and ½ inch in diameter, shap bow, and roll ¼ ounce of into a strip 6 inches long, thick, and ½ inch wide. Wra tightly around the middle bow and shape and punc ends together securely. Plac bow on the wreath to cove joined ends.

Cover and allow to rise almost doubled in size, abo minutes.

In a saucepan dissolve starch-water mixture and he boiling. Cool mixture slightly brush wreath with glaze.

Bake in a 375° oven for 3 minutes or until it is golden b and sounds hollow when tap (If a very crisp bread is des fill a shallow pan with boilin ter and place it on a lower sh the oven.) Cool wreath on a rack.

To freeze, wrap the brea curely in either plastic or foil heat in a 350° oven for 20 min then brush the bread with wat

CHICKEN LIVER MOUSSE

(from Donald Bruce White, a caterer in New York)

INGREDIENTS

- 1 pound chicken livers
- butter
- ½ medium onion, minced
- 1 clove garlic, crushed
- 1 ounce Madeira



1. Judy Glazer, *left*, oils pans and cookie sheets with a pastry brush before baking wreaths. 2. Carefully weighed, measured, and rolled-out dough is braided on the counter. 3. The braid is wrapped around a pan on a cookie sheet to hold its shape correct during baking; the edges joined secure with a little water. 4. With an artist brush, Mrs. Glazer glazes wreath.

These bread wreaths freeze beautifully wrapped well in plastic and then in foil. Reheat straight from the freezer in a 350° oven for 20 minutes

easpoon seasoned salt
ablespoon salt, or to taste
er to taste
unce gelatin dissolved in
½ cup chicken broth
ound butter, softened
up heavy cream, whipped

REDIENTS FOR ASPIC

quart canned chicken broth
egg whites
packages unflavored gelatin
dissolved in 6 ounces water
nish for decoration: whole
green chives, tarragon leaves,
tomato, black olives or black
truffles

THOD FOR MOUSSE

a large skillet brown chicken
rs in butter.
n a separate skillet sauté onion
garlic in 2 tablespoons butter
il soft.
o cooked chicken livers add
on-garlic mixture, Madeira, sea-
ed salt, salt, and pepper and
ée. Add gelatin mixture and
l. Beat softened butter into mix-
e and fold in cream. Chill mix-
e.

THOD FOR ASPIC

a saucepan place chicken broth
d egg whites and gently bring
xture to a slow simmer, stirring
nstantly. When mixture reaches
ull simmer, turn heat down and
ow mixture to continue slowly
mmering 15 minutes.
In a small saucepan melt gelatin
ater mixture over hot water and
d to chicken broth. Strain
rough cheesecloth. Allow mix-
re to cool.
Stir mixture over ice and when
ick line two 8-inch diameter
olds with half the mixture and
frigerate until set. Blanch chives
nd tarragon leaves in boiling wa-
r for 10 seconds and refresh in
old water to set color. Make 3
etals out of the tomato to form
ne flower and use the chives and
rragon leaves for the stem.
hives can be cut to look like the
rass. Use a black olive or truffle
or the center of the flower. Dip
ecorations in remaining aspic
nd apply to surface of prepared
nold. Refrigerate for 1 hour. Care-
ully spoon mousse mixture into
nolds (do not pack it tightly).
Refrigerate for 1 hour. Add the
emaining aspic to cover the top
nd refrigerate the liver mousse
vernight.
Unmold by dipping mold in hot water for a few seconds and invert on platter. Makes two 8-inch molds. Place wreath over mousse to serve.

COLD SALMON MOUSSE WITH DILL

from Judy Glazer

1 tablespoon gelatin
¼ cup dry vermouth
¾ cup chicken stock
4 cups cooked salmon, chilled
2 teaspoons tomato paste
1 tablespoon grated onion
1 teaspoon paprika
1½ teaspoons sea salt
1 tablespoon lemon juice
dash of Tabasco
½ cup heavy cream, lightly whipped
dill mayonnaise
fresh dill

METHOD

Oil a round stainless steel mold 6-8 inches in diameter. In a bowl soften gelatin in wine for 5 minutes.

In a small saucepan bring chicken stock to simmer, stir in softened gelatin, and cook 1-2 minutes until dissolved. Add mixture to the container of a blender; add salmon and blend until mixture is a smooth purée. Pour purée into bowl and add tomato paste, onion, paprika, sea salt, lemon juice and Tabasco, and set bowl in a larger bowl filled with ice and water. Stir mixture until it starts to thicken and fold in cream. Pour into mold, cover with plastic wrap, and refrigerate for at least 2 hours or until firm. Unmold on platter and place wreath on top. Serve with dill mayonnaise and fresh dill. ■



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of one of the wonderful fruit, nut, liqueurs can give great zip to the add extra flavor to baked custards and creams, or enhance a bowl of fresh seaso fruits. Here is a slew of suggestions for addi spirited splash to your party desserts.

Quick desserts sparked with liqueurs

Serve **fresh fruits,** partially frozen to give them a little crunch. Pick grapes, strawberries, cherries perhaps, splash with a little Tuaca, an Italian demi-sec liqueur.

☆☆

Take a scoop of **orange or lime sherbet,** make a dent in the top with a spoon and pour in a little Sabra, a chocolate-flavored orange liqueur.

☆☆

Add a little Kahlúa to a **zabaglione** in place of the traditional Marsala for a delicate hint of coffee.

☆☆

Chilled poached pears are delicious served with a slightly sweetened whipped cream flavored with an orange liqueur, Grand Marnier, Cointreau, or Sabra.

☆☆

Scoop the flesh from a large **Spanish melon** into balls and toss with 3 tablespoons of anisette and 3 tablespoons of confectioners' sugar. Serve chilled.

☆☆

Before you place the pastry on an **apple pie** sprinkle a tablespoon or two of Leroux Apple Flavored Brandy over the apples. Serve a glass of the brandy on-the-rocks with a stick of cinnamon as you serve the pie.

☆☆

Add a hint of liqueur to a **mixture of chilled fresh fruits.** In a glass bowl arrange a variety of melon balls, fingers of fresh pineapple, orange sections, strawberries, and raspberries. Dust lightly with confectioners' sugar and sprinkle with 2 tablespoons of Grand Marnier, Leroux Kirschwasser, Kirsch.

☆☆

Add a little Cheri-Suisse or Vandermint to **vanilla ice cream** in a blender and whirl briefly to froth. Serve in a parfait glass.

☆☆

Zip up a commercial **mince meat** for little tarts with 4 tablespoons of Myers's rum.

☆☆

Marinate **seedless grapes** in green Izarra; spoon over an unmolded *coeur à la crème* and flame.

☆☆

Stir a tablespoon of Amaretto di Saronno into a container of **vanilla yoghurt.** Serve sprinkled with slivered toasted almonds. A little Amaretto is lovely added to a **simple custard** too.

☆☆

Blend a versatile **liqueur butter.** Mash a stick of butter together with a little orange, almond, or cherry liqueur. If you wish add a little honey, sugar, grated orange or lime peel. Serve spread lightly on dessert crêpes or on French toast and broil until the top is crusty.

☆☆

Add a little white Izarra butter to a mug of boiling water, top up with a little brandy for **a warming winter drink.**

☆☆

Dip sliced bananas in a batter flavored with a little Leroux Banana Liqueur and deep fry for two minutes for **golden banana fritters.**

☆☆

Zip up a **baked apple** by filling the cored center with maple syrup, cloves, and a little Tuaca or Arrow's Crème de Almond.

☆☆

Give an almond flavor to **a fresh cherry sorbet** by adding a couple of tablespoons of Amaretto di ronno to the egg whites as you them in.

☆☆

Serve a **cold omelette** spr with a little red currant jelly a little cassis-flavored whipp cream.

☆☆

Add a little Grand Marnier to y **pumpkin pie filling.**

☆☆

For a quick **Poire Hélène** put nilla ice cream between t poached pear halves and pour o it a little chocolate-flavored M mot Suisse.

☆☆

Before you roll up a **chocola roll** sprinkle a little Kahlúa on or the mocha-flavored Marn Suisse.

☆☆

Toss **mixed cantaloupe a honeydew melon balls** with little sugar and a little crème menthe. Chill for several hours a serve topped with sprigs of mi

☆☆

Steep **prunes** in Amaretto di S ronno in the refrigerator for 2 or days. When ready to serve, remo prunes and chop. Fold prunes in stiffly beaten whipped cream.

☆☆

For a quick **raspberry sherbe** purée a package of defrost frozen raspberries with 1 tabl spoon framboise and pour into freezing tray. Freeze.

☆☆

Give a fillip to **ice cream.** To butter pecan with a little anisett banana with Kahlúa; lemon she bet or pistachio ice cream wit crème de menthe; raspberry strawberry sherbet with whit crème de menthe.

☆☆

Flavor a **sour cream** with Tav or any liqueur you like and serv with mixed fresh fruits.

☆☆

Soak squares of **sponge or ange food cake** in a liqueur you lik and serve with sweetene whipped cream. ■

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at party food

ued from page 136

MON GRAVLAKS
H MUSTARD SAUCE

EDIENTS

ound dill sprigs
-pound salmons, split in half, oned, and skinned
up sugar, ½ cup salt, preferably coarse kosher salt, and teaspoon ground white epper mixed together
up cognac, optional
ard sauce (see recipe)

THOD

off the tough bottom stems of lill and discard. Rinse the dill r cold running water and pat

Lay out 2 long lengths of y-duty aluminum foil and e a bed of dill on each, add a of salmon, skinned side down each, sprinkle each slab with sugar, and salt and pepper mix-. If you wish, sprinkle ½ the nac on each piece, and top a layer of dill. Repeat the cess with the other 2 slabs of non. Cover top with dill and l the foil over to enclose each kage. Place a weight, such as veighted chopping board, on h and refrigerate at least 48 irs. Serve thinly sliced like oked salmon with mustard ice. Makes 2 whole gravlaks. ■

How to find party help

continued from page 98

vices. Columbia College, Fordham University in New York; Harvard College in Cambridge, and Boston University; Stanford in Palo Alto and UCLA and USC in Los Angeles all have bartending services. There is usually no fee for using these services for acquiring help and fees are paid directly to the students working for you. A minimum number of hours at a flat rate, then an hourly rate after that is the custom.

Don't overlook the teen-aged children of friends. They may be delighted to help on a professional level during a party. Parking cars, supervising young children, serving, cleaning up—there are many things they could do. In many areas, off-duty policemen can be hired to handle parking.

In addition to helping you choose the flowers for your party, many florists will come to your house and arrange the table and room decorations. Some will design the entire party, and set it up. Your decorator is a fine source of ideas and advice, and many decorators like to plan parties.

Party planners and party rental services can be an enormous help with the physical aspects of getting ready for a large party—they are the best people to advise you about the quantity of tables, chairs, glasses, china, flatware, linens, serving pieces, and trays you'll need to serve everyone comfortably. **Asking for and receiving accurate, conservative advice is the first most important service you pay for** so don't be shy. You don't want to run out of anything, neither do you want substantial waste.

Professional party organizer Sean Driscoll, a partner with Christopher Idone of *Glorious Food*, offers these suggestions:

"For dinner parties or buffets of from 16 to 40 people we prefer to cook the main course in the kitchen of the home where the party is being given. An immaculate kitchen and a relatively empty refrigerator are the two best things that help us get started the evening of the party. Canapés, first course of soup or salad, and dessert we bring. We recommend wines and sources for flowers but most party givers prefer to choose their own. The most valuable advice? Trust your caterer and relax. There are no crises when proper planning and timing, which is, after all, our business, go into a party."

Do you want a butler? He may be a tremendous source of managerial help during a really large party—one where there may be well over 150 guests. Not only does he undertake the allocation of coats, furs, hats, presents, and packages, he is technically in charge of the rest of the staff you may have acquired for the party. How much easier it is to have one person to report to you and to oversee and direct the help. This is especially important where cocktails are served—the butler's traditional domain being in this area. Catering services do not always have a butler's service as a regular part of their staff though they can usually get one who works effectively with their own staff. Butlers' services are also advertised as "Situations Wanted" in newspapers, too.

How about a major housecleaning before a party? Include the garden, the lawns, the silver polishing, window washing, and ironing the linens—at a party you want everything to sparkle! A day or two's worth of professional housecleaning could save you hours. There are many house and apartment cleaning companies listed in the Yellow Pages and advertised in local city magazines and newspapers, who specialize in "One Day Clean Sweep" operations that would make your party place gleam. Or contact a maid service for lighter work—ironing or polishing. $80 a day for a team of two men or women is not unusual. ■

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CASE

The Early Americans

Something old is something new.



continued from page 118

Stanley Tigerman:
reaching the same height as the house. The ground is to be seeded with rye. "In about 10 years' time it will look like it's 100 years old."

The apple orchard garden calls for some pruning and spraying, otherwise little in the way of maintenance. And, of course, it's fruitful. The family not only enjoys a marvelous cycle of changes, they can get involved in picking the fruit, eating it raw, and creating delicious things to eat with produce from their own yard.

Cost: Year-old saplings about $4. Two-year-old trees about $8.50.

William Morgan:
sea oats, dune grass—and takes care of itself, essential in the Morgan household, as this family prefers active sports, sailing, swimming, fishing, to gardening. "Any wind-driven sand on the decks can simply be swept below into the juniper bed," adds Mr. Morgan. "Everything had to be practical. The bed also provides a natural point for lighting, so we can enjoy the garden at night."

Earth gardens can be dug in almost any territory. They do require space though—for instance 10 feet of flat land is needed to make a 5-foot peak. And care should be taken if any trees exist in the area—oaks for example are very affected by changes of grade near their bases.

Cost: Trees, planting, earth moving $1000. Decking: $687 for wood and nails (construction done by the family). Seaside plants cost nothing, taken from the beach and transplanted.

Michael Graves:
"There are times," continues Mr. Graves, "when you want to have the sense of being protected and not being out in the wilderness, and other moments when just the opposite is true. A garden should respond to both moods."

Cost: Japanese maples (or similar potted trees) or six specimen pot plants at $50 per plant.

Paul Rudolph:
automatic watering system, a hose arranged rather precisely using redwood two-by-fours, provides spouts of water which in themselves are attractive and create the equivalent of a fountain when the vegetables are gone.

Hugh Newell Jacobsen:
is set into the lawn. The level grass extends to a stone wall, perh 100 years old, which was on property and goes up and do the valley straight as a string. "T wall is very much part of the o doors of that region and it wo have been wrong to knock down."

Beyond the wall is the meadc really as it was before, but full daisies. "We found out that if y plant different varieties at the rig time for that particular seed, y can have daisies flowering fr early March right through Dece ber. Now the meadow has t grass, with little winding trails th children love to play about in."

To enjoy the garden at nigh concealed uplights are placed b neath all the trees, as well as dow lights over the windows of t house. These cast an amount light outside, equal to that insid "so you avoid reflections on wi dows and the big black void. Th interior space flows into the garde and becomes one."

The gravel court in front of th entrance is planted with a sing row of American lindens on eithe side.

Cost: Earth moving, $2 a cubi foot (included in constructio costs). Grass seed: $25 per 100 square feet. Daisy seed: $2 American lindens: $150 each fo one 12 to 14 feet high. ■



Electric cars

continued from page 38

Addresses

Electric Vehicle News, Bo 533-H, Westport, Conn. 06880 publishes a directory of the electri vehicle industry, foreign and do mestic, each February issue. Fron EVN for $3 each. For sample sin gle copies of back issues send $1 t cover postage and handling.

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lking: The health prescription of a lifetime

nued from page 125

walk can keep your heart healthy

le sidewalks, so you do not to walk at all! We recom- l that normal people who lead vely sedentary lives should regularly each day, as fast as ble, for anything from 20 ites to an hour. The fastest people can walk is 4½ miles iour, and that is not making a demand. But 2 or 3 miles like every day will counteract the ers of a sedentary life.

f you have no time to walk much, or nowhere to walk, try walking upstairs instead. thing to keep moving! Re- iber that walking uses up calories, too. Here are some examples, taking a person who walks 3½ miles per hour—a good, brisk walking pace—

1 hamburger [350 calories] takes 60 minutes to walk off; 1 glass of beer [113 calories] takes 22 minutes; 1 large apple [100 calories] takes 19 minutes; 1 fried egg [110 calories] takes 21 minutes; 1 malted milk shake [502 calories] takes 95 minutes!

And remember, if you *don't* walk, these calories will simply pile up. Incorporate walking into your daily life. Your heart will reap the benefit."

/ to put your best foot forward

:ar cotton or wool socks," ad- s Dr. Roberts. "There should omething between you and the :. Following these guidelines, r feet should enjoy the walk as :h as you do. If you get very l walking, probably something rong with your feet. If this is a blem, consult a podiatrist in you have a particular foot racteristic that should be com- sated for in your shoes."

S ON BUYING GOOD LKING SHOES

Buy your shoes with the under- nding that, provided you keep shoes clean, you can get your ney back if they are not com- table. ("Any responsible shoe re will agree to this," says Dr. berts.) Take the shoes home, put them on, cover them with a shoe bag or big socks and walk about in them indoors for a couple of hours. That's the only good way to test their comfort.

2. Tests for a good fitting shoe: (a) The heel should fit snugly. (b) The toe should be ¼ of an inch longer than your longest toe. (c) The shank—middle of the shoe—should be wide enough so your foot is not hanging over it at either side. (d) The front of the shoe should be broad enough so you can ripple the leather over the toes with your fingers. This is a better test than wiggling your toes, which you can do in almost any shoe. (e) Stand in the shoe on one foot—this is when most weight is expended onto the foot.

e lasting joys of walking

, and with so much irrelevant nsory input in our daily lives, we ve to block out things as we go. alking does that for you.

"Freedom of motion is essential nile walking. Wear nothing tight ound you. Layer your clothes—T-shirt and sweaters, varying in eight, so as you get warmer or ooler you can take things off or it them on, remembering that ey should be light, as you have to rry them. Choose cushiony soles walking in the city. Some people ke walking sticks—or pick one p en route if they are going for a ountry walk—the rhythm of alking with a stick is very pleas- nt.

"There are lots of ways of walk- ng. Some people have to have a urpose or a destination, such as ooking at birds or picking berries. Others walk just for the walk's ake. Some people won't walk un- ess they have company. Others vill only walk alone. It depends n your own personality and what ind of walking you did when you vere growing up.

"Children often don't see the oint of walking, but if you show hem, it's something they will va- ue all their lives. I think we make delightful habits out of things we enjoyed as children. Interest them in walking by showing them the wild flowers and identifying them, or by hunting for berries and picking them."

HOW TO WALK FARTHER THAN YOU THOUGHT YOU COULD

(Aaron Sussman is coauthor of *The Magic of Walking*. He is a professional photographer, so walks a lot, particularly in the country. He came up with this technique to help a friend, stranded during a city transit strike.)

"Remember Tom Sawyer painting the fence? You don't paint a whole fence, you paint a little bit at a time. If you are going on a walk and feel you can't make such a long distance as the one planned, interrupt your consciousness of distance by focusing on something else. Concentrate on conversation—or your train of thought. This way you simply forget that you are walking such a distance. Nor do you get tired because you aren't aware you are supposed to be getting tired.

"Another tip is to try to walk as the Indians do—keep your feet parallel and quite close together, with your hands positioned so that the thumbs can brush your thighs as your arms swing."

New and exciting city walks

MILWAUKEE

Downtown Milwaukee (Milwaukee American Revolution Bicentennial Commission, $2.45 prepublication price)—seven walking tours of the city based on historic landmarks, published in November.

NEW ORLEANS

The Pelican Guide to New Orleans ($2.95) by Thomas K. Griffin—touring one of America's most beautiful cities.

The House in the Bend of Bourbon Street (Pelican, $1.95) by Terry Flettrich—charming, child's walking tour of the French Quarter.

PORTLAND, ORE.

Portland Walking Tours—discover Portland on foot, capture its history and its architecture with a volunteer group. City Walk and Old Portland, both 2-hour walks, at $2.50 per person. Write for more information to Portland Walking Tours, P.O. Box 4322, Portland, Ore. 97208. Telephone (503) 223-1017.

DES MOINES

Walking Tours of Des Moines—walking tours of the areas of special historic interest, available from the Polk County Chamber of Commerce, 8th and High, Des Moines, Iowa 50309.

THE BEST COUNTRY WALKS

The following agencies can help you.

NATIONAL PARK SERVICE, Room 1013, Department of the Interior, Washington, D.C. 20240.

National parks, monuments, and trails in your area.

U.S. FISH AND WILDLIFE SERVICE Department of the Interior, 18th and C Streets N.W., Washington, D.C. 20240.

There are 360 national wildlife refuges in the U.S. with nature walks. Write to the above address, marking your envelope to the attention of Refuges Division, for a listing and map of the refuges. Then you can contact your local refuge for walks.

MAP INFORMATION SERVICE U.S. Geological Survey, National Center, Reston, Va. 22092.

Topographical maps are indispensable for walks off the beaten track and country rambles. Write to the above address for a free index to maps and instructions on how to order the ones you want. ■

If you don't have time to cook

continued from page 99

up on canned vegetables and fruits from the supermarket that can be quickly converted into vegetables à la Grecque or vinaigrette, salads and fruit compotes. If you aren't having too many guests, some of the frozen foreign dinners can be jazzed up with a few judicious additions, but play it smart and count the cost per serving.

Instant parties go with inexpensive wines. Look in all your local liquor stores for good buys in American and imported jug wines and the lesser-known wines that are now flowing in from all parts of the wine-growing world. Many menus are better with beer; anyway—German food, charcuterie, Mexican, Indian, and Indonesian food or anything in the hot-and-spicy category.

ITALIAN SUPPER

Antipasto
Minestrone with grated Parmesan
Cheese or Lasagne
Italian Bread
Strawberries in Red Wine
with Amaretti
Cannoli
Wine: Chianti or
Mountain Red Burgundy

Even the smallest Italian restaurant should be able to produce a good hearty minestrone or lasagne and an antipasto platter (although you might want to improve on this with a few choice things from an Italian grocery if the selection is limited). Italian groceries also sell the tiny bittersweet macaroons called amaretti and Italian bakeries make the luscious pastries called cannoli.

Your own touches: Put big ripe strawberries in goblets, sugar them lightly and pour on some of the red wine you are serving with the meal. Leave to soak during dinner.

GREEK DINNER

Dolmathes Spanakopita
Taramosalata Moussaka
Sliced Tomatoes and Calamata
Olives with Feta dressing
Figs in Ouzo with Yoghurt
Kourabiedes

To drink: Well-chilled rosé, white or light red wine *(in Greek wines, look for unresinated Mont Ambelos white and red, Hymettus white, Roditis rosé)*

Dolmathes (stuffed vine leaves), spanakopita (spinach pie), taramosalata (cod-roe dip), and moussaka are usually standard items on the menu of any Greek restaurant. The appetizers can be eaten cold and the moussaka improves with reheating. Kourabiedes is a cookie sold in Greek bakeries, but if you can't find it substitute any type of small almond cookie.

Your own touches: Slice huge ripe beefsteak tomatoes and ar-

Continued on next page

continued from preceding page

range on a large, lettuce-lined platter. Garnish with Greek Calamata olives (sold in bulk or bottles), sprinkle with crumbled feta cheese, and dress with a sharp vinaigrette sauce with a touch of oregano.

For the dessert, drain the syrup from canned figs and dilute with ouzo to taste. Pour syrup back over figs, chill and serve with yoghurt.

CHEESE AND CHARCUTERIE BUFFET

Selection of Sausages: *various salamis, cervelat, mortadella, liver sausage, cappicola, Lebanon bologna, blood-and-tongue sausage, one hot sausage such as kielbasa, cotechino, or linguica*
Baked Ham or Pâté Maison
Cheddar, Münster, Gruyère, and Limburger Cheese
Rye, Pumpernickel, and French Bread
Butter Mustards
Dill and Sweet-and-sour Pickles
Italian Sweet Pickled Peppers
Apples and Pears
To drink: a selection of beers

For your sausage selection, shop the supermarket and delicatessen cold-cuts counter and the ethnic stores. Pick mostly ready-to-eat types that need only to be sliced, plus one uncooked type (Polish kielbasa, Italian cotechino, Portuguese linguica) to poach, slice, and serve hot. Sausages are economical food. Teamed with bread they are very filling and a little goes a long way. You may, if you like, eliminate the more expensive ham or pâté. Arrange the meats and cheeses on big boards with slicing knives and let the guests help themselves. Have Dijon and German mustards, hot English mustard, and if you can find it in your local specialty-food shop or department-store food section the marvelous French moutarde de Meaux that contains cracked mustard seeds.

CHINESE DINNER

Bean Sprout Salad
Moo Goo Gai Pan
Beef with Snow Peas
Spareribs with Black Bean Sauce
Sweet and Sour Fish
Chicken with Walnuts and Cashews
Mixed Vegetables Rice
Mandarin Oranges and Litchis
Fortune Cookies
To drink: green tea

You'll have to check the selection of take-out dishes at your local Chinese restaurant as these differ according to the style of cooking and the scope of the menu but this will give you some guidelines. Chinese food is the least expensive restaurant dining, provided you keep away from expensive foods like lobster, shrimp, and duck and choose chicken, pork, beef, and vegetarian dishes, which gives you lots of latitude. The rule is to have one dish per guest and the bigger your party, the more varied the menu. It doesn't matter if you repeat the same meat, provided the style of preparation is different.

Your own touches: While salad is not part of the structure of a Chinese meal, a salad of bean sprouts (which can be bought in Chinese groceries, health food stores, canned, or grown from mung beans), spiked with freshly grated ginger root and dressed with soy sauce and peanut or sesame seed oil, makes a deliciously piquant appetizer, instead of the usual egg rolls or barbecued spareribs.

For dessert, drain and combine canned mandarin oranges and litchis. Fortune cookies may sound like a cliché, but have you ever seen anyone who can resist breaking them open to read the cryptic message inside? That's part of the fun of a Chinese meal—like eating with chopsticks.

SALADE COMPOSÉE BUFFET

Selection of Salad Greens: *Boston and romaine lettuce, escarole, watercress, spinach, arugula, chicory, endive*
Selection of Fresh Vegetables: *cherry tomatoes, cucumber, radishes, scallions, green peppers, red onion, mushrooms, avocado, carrots, zucchini, celery*
Selection of Canned or Cooked Vegetables: *pimientos, green beans, red kidney beans, chick peas, water chestnuts, potatoes*
Selection of Meats and Fish: *cold chicken and beef, canned tuna and anchovies, crumbled cooked bacon or bacon bits*
Hard-cooked Eggs
Gruyère, Feta, and Blue Cheese
Grated Parmesan
Green and Black Olives Capers
Cornichons Fresh Herbs
Wine Vinegar Lemon Juice
Olive Oil
Salt, Pepper, Dijon Mustard
French Bread Butter
Apple Strudel or Apple Tart with Whipped Cream or Sour Cream
Wine: white carafe wine

Here you do most of the work—but all it involves is cleaning vegetables, opening cans, and arranging everything attractively in bowls or on platters on the buffet table, so each guest can make a selection of foods for a personally created salade composée, with dressing mixed to taste. A centerpiece of fresh herbs, arranged in their pots on a big clay saucer, would make a delightful edible decoration, to be snipped and added to the salads, but if you don't grow fresh herbs you could have a basket of Italian parsley, chives, and any other herbs available in the markets, such as tarragon, basil, or dill.

Most pastry shops make open-faced apple tart or apple strudel, or you can buy frozen strudel.

FRIED CHICKEN DINNER

Fried Chicken in a Basket
Remoulade, Andalouse, or Horseradish Sauce
Watercress
Finger Sandwiches of Pita, Tomato, Cucumber, and Basil
Cheesecake with Black and Green Grapes or Canned or Fresh Pineapple Fingers with Dark Rum
Wine: a lightly chilled red Beaujolais, Côte du Rhône, or California Zinfandel

In any part of the country you can pick up a fried chicken dinner at the nearest franchise. Even *fins becs* have rated the chicken acceptable to good, but the accompaniments leave something to be desired. With very little effort you can produce something more interesting and palatable.

Your own touches: Make a mayonnaise-based sauce to dip the chicken in, such as remoulade (to 1½ cups mayonnaise, add 1 tablespoon Dijon mustard, 2 tablespoons each chopped gherkins, capers, parsley, fresh tarragon—if dried, use 1 teaspoon—a minced garlic clove, and a touch of anchovy paste); Andalouse (to 2 cups mayonnaise, add ½ cup thick tomato sauce or tomato purée, ½ sweet red pepper, finely chopped, and 2 teaspoons chopped chives); or horseradish (to 2 cups mayonnaise, add 1 cup sour cream, ¼ cup lemon juice, 1 teaspoon Worcestershire sauce, and horseradish to taste).

Skip the greasy and calorie-loaded French fries and instead have a great big bowl of watercress (no dressing) to munch on and little sandwiches made of the pint-sized pita (the flat, round Middle East bread) split halfway through and filled with sliced tomato, sliced cucumber, a little crumbled feta cheese or grated Parmesan, and a leaf or two of fresh basil, if available.

For dessert, garnish the to supermarket frozen cheese with halved black and g grapes, or have fingers of fres canned pineapple to dip in cups (sake, Japanese tea, or d tasse cups) of dark rum.

TACO DINNER

Tortillas
Bowls of Fillings: *shredded coo chicken and pork; chopped f chorizo sausage; chopped tuce; cooked ground b chopped onion; chopped, pee and seeded tomato; cubed M terey Jack or Cheddar che chopped or sliced canned chil*
Taco Sauces Guacamo
Sour Cream and Chopped Bla Olives
Ranch Salad
Cream Cheese and Fruit Past (quince, guava, mango) with Saltine Crackers
To drink: beer

Tacos are rivaling pizza as Ame ca's favorite snack food, partic larly in the Western states. If y aren't in taco-stand country, t supermarket will supply a froz taco dinner consisting of the t tilla shells, seasoning mix for t ground beef, and a taco sauce. you can buy fresh or canned t tillas at a Spanish-American gr cery or specialty food shop (t canned type can be mail-ordere as can taco sauces and canne chiles). Heat the tortillas in t oven or fry them in oil until brow add fillings to taste, fold over, ar serve with taco sauces, guacamol and, untraditional but deliciou sour cream and chopped blac olives.

With tacos you might have ranch salad of drained canned re kidney beans, white beans, an chick peas combined with choppe onion, peeled, seeded, and choppe tomato, and finely chopped hc chiles, with a garlic-flavore vinaigrette sauce—or buy a bea salad at the delicatessen and ad chopped chile and garlic to it.

Cream cheese and fruit past with saltine crackers is a very eas traditional Mexican dessert—th fruit pastes are available canned i Spanish-American groceries, spe cialty food shops, and by mail they keep well once opened. ■

Offbeat cruises *continued from page 16*

through the Caribbean that leaves Miami December 12. They call it a Film Festival at Sea. Rates start at $610. (212) 760-3800.

Here's one of the most dramatic presents you could give yourself or someone else. Join Lindblad Travel's ship, The Explorer, for a month in the Antarctic. Fly from New York November 28 to Buenos Aires, then train to the coast and begin the voyage south to the white continent where until recently only explorers and scientists have gone. Three weeks are spent visiting islands and icebergs, seeing penguin rookeries, elephant seal, albatrosses, rare geologic formations. Spend Christmas Day in Paradise Bay for one of the most serene and beautiful Christmases possible. Rates start at over $3,000 excluding airfare. Call (212) 751-2300. ■

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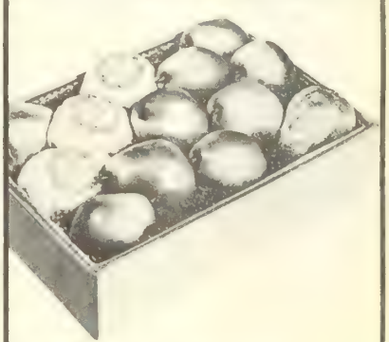
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			$

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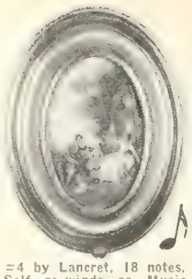
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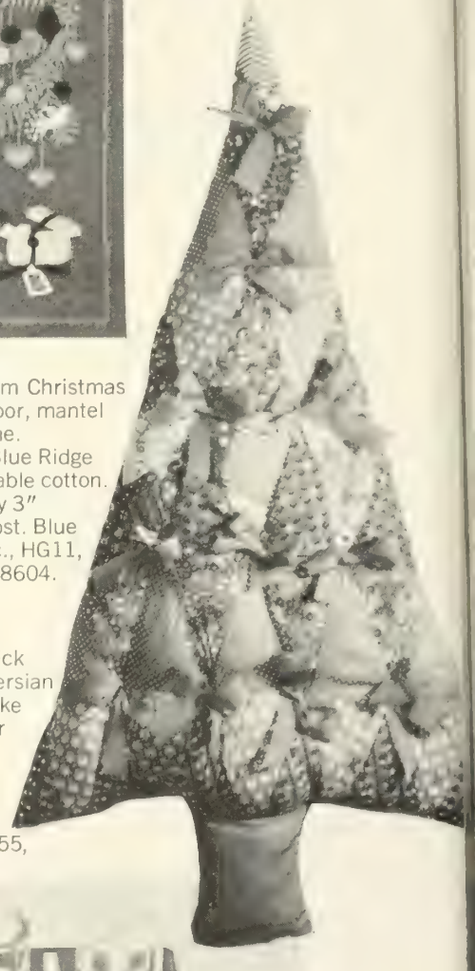
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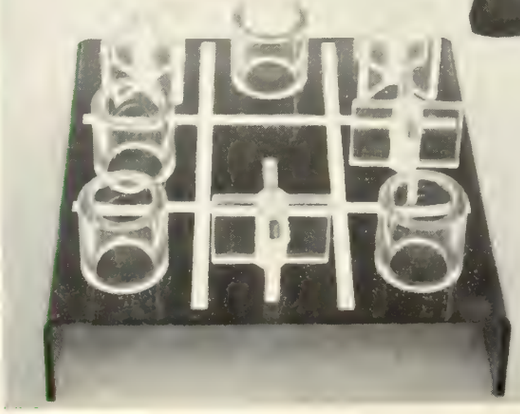
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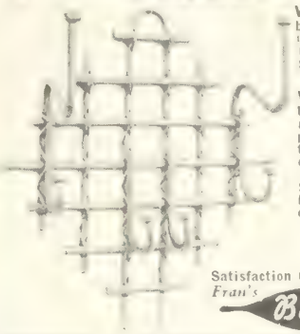
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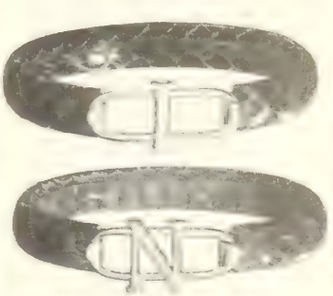
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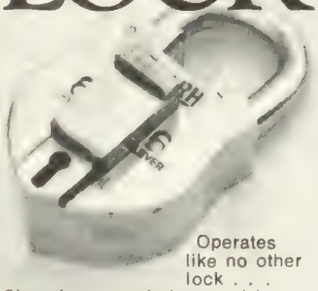
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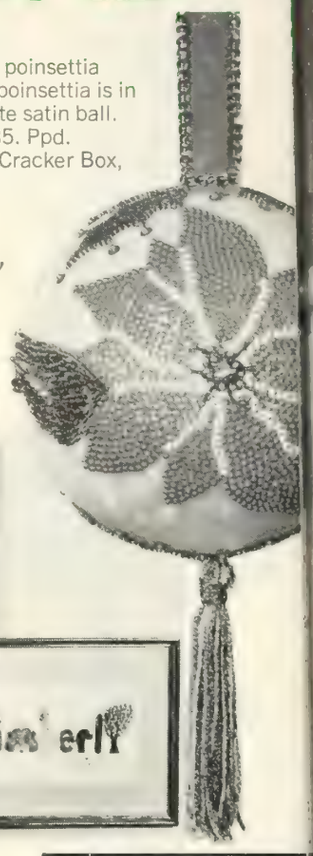
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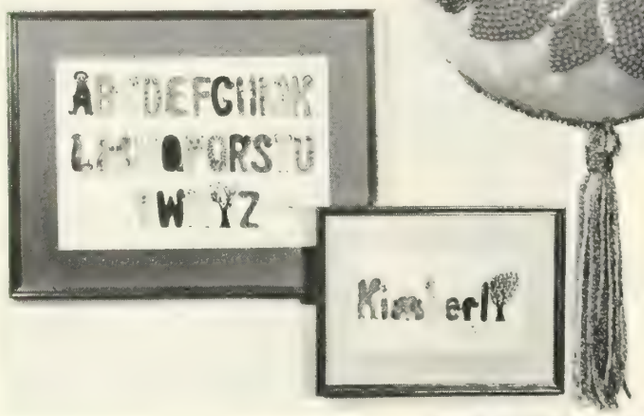
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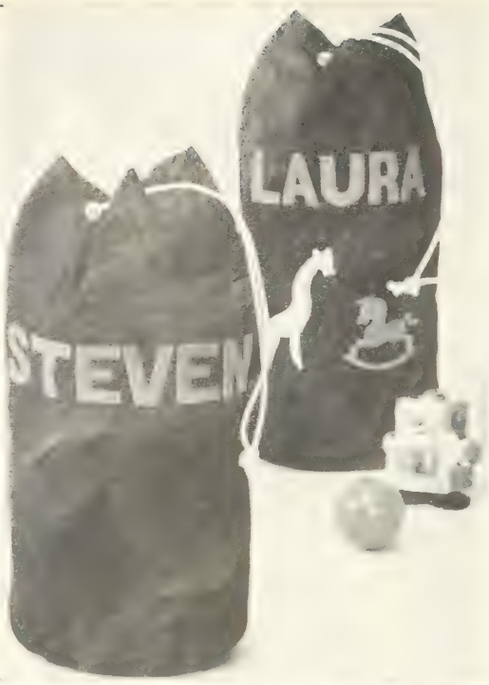
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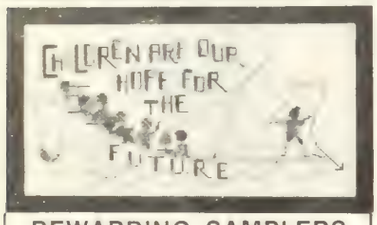
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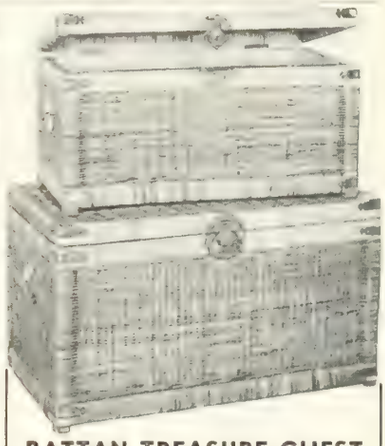


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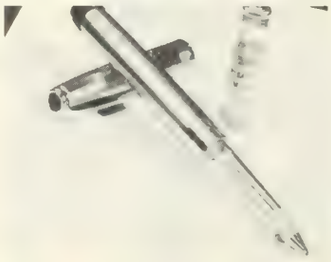
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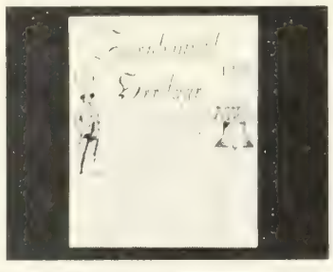
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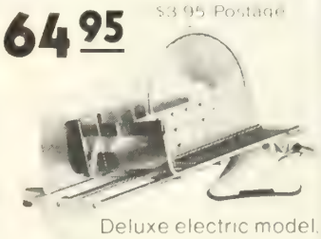
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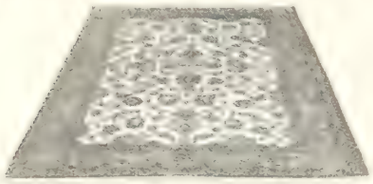
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Thomas Nast's famous rendition of good old Santa reproduced in color on two sides of banded pearly glass ball. In a see-through gift box, too. 3½" dia. $2.95. Beloved "Night Before Christmas" book. $2. Add 25c post. ea. Downs, Dept. 1411V, Evanston, IL 60204.



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Redwood and sturdy fiberglass models. Each prefabricated one factory-assembled, then taken apart for shipping ppd. Marked for easy bolting. Full frame, automatic ventilation. Free catalogue. Redfern Greenhouses, 57 Mt. Hermon Rd., Scotts Valley, CA HG11, 95066.



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Easy-to-follow tips on how to become an expert on sleight of hand card tricks. Fascinating hobby for you, fun for your family and friends. 84 card tricks, to while away time. $1.49 plus 20c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.

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NOW YOUR PLANTS WILL TELL YOU AUDIBLY WHEN THEY NEED WATER! The Green Genie, an electronic moisture probe, virtually unbreakable, transmits their message. It takes the guesswork out of watering! Operates on a simple, 9 volt, transistor battery. If you love your plants **SEND ONLY $9.95 FOR YOUR GREEN GENIE** plus $1.00 for postage and battery. Sorry, no CODs

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GENUINE JADE

Oriental Green Jade
Choose from five delicately carved Jade pendants on Gold filled chain, or a sumptuous 24"Jade bead necklace.



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"By the Yard"
$20a $35-$45 retail value
Genuine, Full cut diamonds set in brilliant Sterling Silver on an elegant Gold Filled or Sterling Silver chain



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Genuine Diamond frozen in crystal clear Lucite "ice Cube". Suspended on fine Gold filled chain.

Rush my beautifully gift boxed jewelry PPd.
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Specify Gold Filled ☐ or Sterling Silver chain ☐.
I ☐ (108) Genuine Diamond, "in ice" on gold filled chain **$22.50** GENUINE ORIENTAL JADE
C☐(103)Jade necklace(8mm beads 24" length)**$45**
D ☐ (104) Heart, E☐(105) Buddha, F ☐ (106) Turtle, G ☐(107) Fish, H☐(108) Elephant, **$8.50**
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10 DAY MONEY BACK GUARANTEE
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AT LAST! THE AMAZING ORIENTAL PLANT THAT HELPS WIPE AWAY UGLY CELLULITE IN JUST MINUTES A DAY!

MUST MAKE YOUR BODY SUPPLE AS A TEENAGER IN DAYS OR PAY NOTHING!



Nothing can banish ugly cellulite bumps except this treatment. Diets alone can't do it. Exercise alone can't do it. Even surgery can't do it.

Glamorous European beauties have cherished this astounding beauty secret for years. But, at last, we have discovered their secret and share it with you. Our "Loofah Pad" contains thousands of tiny "fingers" that work with our unique beautifying program that banishes beauty-robbing Cellulite in just minutes a day.

Only Minutes A Day

In a matter of days you'll have a younger, more glamorous looking body without strenuous dieting, rigorous exercise or nerve-shattering pills. And, you achieve this miracle in the privacy of your own home, for a tiny fraction of what it would cost to attend a European beauty salon.

Everything You Need In One Kit

When you mail the coupon, we will send you everything you need to wage your war on CELLULITE: Miracle Loofah Pad, complete beauty program, instructions showing you precisely the proper way to use it.

Sensual European Ladies Swear By It

They say the program turns your own bath into a full fledged European Health Spa. International magazines say the plan effectively attacks problem areas, as it creates a sensually smooth skin. Other authorities say Nothing can banish ugly Cellulite bumps except this treatment. Diets alone can't do it. Exercise can't do it. Even surgery can't do it!



CELLULITE is fatty deposits that have gone astray and are clinging to the most obvious parts of the woman's body. If left unattended, they create "turkey wattles," sagging jaw lines, flabby upper arms, ugly thighs, crocodile skin.

So send the coupon now. You have nothing to lose but your embarrassing bumps. The complete Cellulite kit will be rushed to you by return mail. Use it for 10 days. You must be positively delighted with the results, or return the proof of purchase slip for a full refund — no questions asked. Remember, this program is not available in stores anywhere.



The Fascinating Story of LOOFAH

Loofah belongs to the cucumber family and originated in India about 2000 years ago.

About 500 years ago, a Korean king, Sochong the Great, ordered his men to find a sponge strong enough to cleanse his body but gentle enough not to scratch his skin. It did not take very long for his men to find SUSEM! (Korean name for loofah).

He finally ordered loofah to become the royal bath sponge. The Japanese and Europeans later adopted it.

Many doctors recommend loofah for its ability to stimulate the skin while the juice of loofah soothes the body.

READ WHAT WORLD RENOWNED AUTHORITIES SAY ABOUT CELLULITE:

Famous Health Magazine

"During my residence in Paris, I was intrigued by . . . loofah, which, except in Europe, was not yet so much in vogue. The accompanying tag declared it excellent for cellulite, or peau d'orange — skin of an orange."

"I asked the pharmacist for an explanation of peau d'orange. He described the condition and the loofah, he said, was part of the massaging action needed to help break down and dissolve the fat accumulations."

A Best Selling Book On Cellulite

"Surface friction brings nourishments to the skin. Wet or dry, the friction rub is equally effective."

"Aside from helping to break down cellulite bulges, the dry friction rub leaves the skin so smooth that practically every Frenchwoman includes it as part of her daily beauty routine."



Banish Those Cellulite Bumps Forever

by Catherine Russek

"The loofah, a Swedish sponge or mitt, is an instrument of massage. This will smooth your skin, flaking off the dry outer layer and leaving you smooth as the proverbial baby."

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Caroline Rd., Philadelphia, PA 19176

Yes, I would like to discover your secret way to shed ugly cellulite in just minutes a day. Please send the wonder Loofah Pad, along with easy instructions and program for its most effective use. I enclose $3.98 plus 50¢ postage for each Loofah Pad and Program ordered. If I am not totally delighted with the results, I may return the Loofah Program after 10 days use for full and complete refund, no questions asked.

SAVE! Order 2 for only $6.98

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CHARGE IT: (check one) Exp. Date_____

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Spring loaded cover in back and clear plastic see-thru strap in front hold any paperback book open flat. Built in easel converts to a book stand. Read anywhere—especially while eating. Turn pages without ever removing strap. Book cover concealed and protected. Has built in bookmark. Attractive leather vinyl in Ruby Red, Tawny Brown, or Blue Denim. Patent pending.

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LEONA ENTERPRISES, Dept. HG115

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The Rhode Island

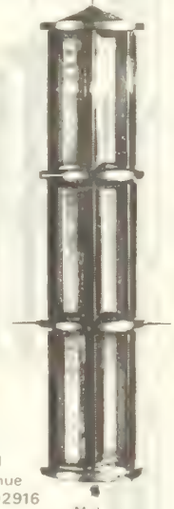
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Impact and weather resistant in soft, transparent, shadow-grey acrylic

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M-2 13" tall $13
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Department 29



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Foot relief at last! These wedges are so soft pliant, and comfortable, they're called Marshmallows. Treat your feet to a pair. Foam cushion insoles, crepe outer soles, they come in white, sand, teak brown, navy, red, green and yellow. Sizes narrow 5½-12. Medium 4-12. Wide 5-12.

$11.99 [illegible] **$12.99** with back strap

Add 90¢ for postage. No charge for larger sizes. No half sizes over 10.

Morgan's Cove

Andy Morgan, Prop.

Dept. HG115
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E. Brunswick,
N.J. 08816



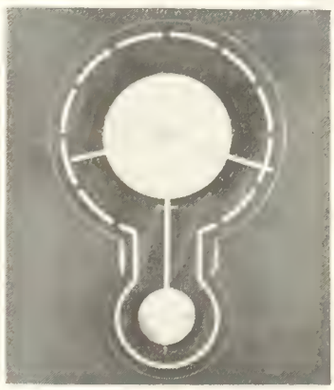
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Conquer the time-space continuum with this distinctive pendulum clock. In clearest lucite dramatically decorated with touches of white. The hands and pendulum are in a shimmering silver finish. Measuring 17½ x 11", battery operated, this will be the focal point in any setting. Made by Grainware.

$54.95

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SHOPPING AROUND



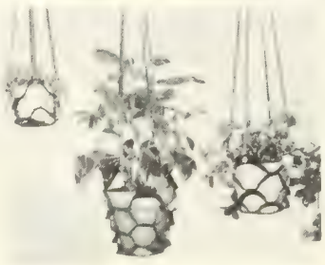
CLEVER IDEA

Cane magazine rack works up quickly on plastic Fashion Ease canvas, no blocking. Kit includes unstamped canvas, acrylic yarns, brown, beige, gold; wicker side frames, lining, 11½" by 12¾" by 7". $9.95 plus 85c post. Stitch 'n Knit, HG615, Box 709, Framingham, MA 01701.



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A musical perch for small pets adjusts to bird's weight which triggers Swiss-movement music box for a pretty melody, shuts itself off. In 1½" by 3½" by 3¾" sturdy plastic house. $7.98 plus 50c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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Hanging plant cradles are a solution to the arrangement of potted plants. Natural straps reinforced with cloth (pots not incl.). 3" to 4" pot, $1.95; 5" to 6" pot, $2.50; 7" to 9" pot, $2.95. Each $5.95. Ppd. American Vinyl Products, HG11, 1000 Towne Ave., Los Angeles, CA



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Instant recognition among pals happens when you're wearing an emblem of a favorite beer atop jeans. Embossed Coors sign on bold brass-plated belt buckle that snaps easily in place of old one. $5.98 plus 35c post. Holiday Gifts, Dept. 311-R, Wheat Ridge, CO 80033.



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Each year one lovely ornament design, engraved and dated, is added. Now it's a lantern and angelic little choir of solid brass, non-tarnishing, polished. 3¾". (Print names.) $1.98; six $9.98. Add 35c post. Lillian Vernon, GNE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

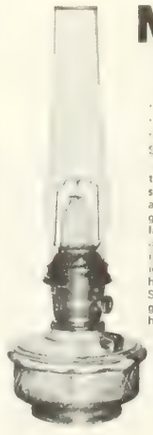
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... Costs 1¢ per hour to Operate

Save Money. Conserve Energy. Heat and light your home this winter with Aladdin's exclusive mantle burner. It is adjustable in intensity from a candle glow to 75 watts of light. The lamp also produces 1000 watts of heat. Patented burner design [illegible] odorless, smokeless operation. Lamps burn 50 hours on 1 gallon of kerosene. Safe, NOT under pressure, will go out if knocked over. Ideal for homes, cabins, campers, trailers, boats and emergency lighting. Handblown, diamond quilted glass base. Overall height 20", diameter 6".

$23.95 (we pay postage) One-week delivery.

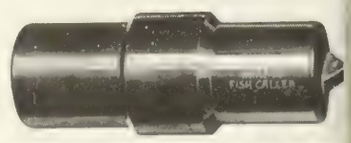
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"I lost 7½ lbs., 5⅝ inches off my waistline, added 1 inch to my bustline in 14 days..."



"No wonder I'm smiling again–I did it without rigid dieting or complicated exercises!"

(Says happy Julie O'Brien)

Julie O'Brien used our safe college-tested natural way to lose inches and pounds in days—without the use of dangerous pills, diuretics, amphetamines, rigid dieting or complicated exercises—and she keeps it off with the Plan, without giving up a single food she loves!

Here are the 6 reasons why you, like Julie, can start looking years slimmer...in 14 days...if you start using our '5' Minute Body Shaper Plan right away!

1. **It concentrates its slimming action on your fatty areas; waist, hips, upper thighs — that give you an aging look.** Because it works most of your muscles gracefully—not body part by body part—the Plan stimulates faster slimming action to help you start fashioning a more youthful looking figure in 14 days.

2. **Simple to use. No disrobing.** Attach it to any door knob, stretch out comfortably on the floor. Do one '5' Minute continuous, rhythmic, enjoyable exercise, twice daily, whenever you have the time, even while watching TV.

3. **Designed to slim fatty problem areas.** Choose from 4 different '5' Minute exercises, each created to help slim down the problem fatty deposit areas of your figure in 14 days.

4. **No rigid dieting.** We suggest you temporarily eat 20% less until you reach your normal weight, without giving up any of the foods you love—eat Ice Cream, Cakes, Pasta, whatever! (It's all in the guide).

5. **Safer and saves time.** No more running to gyms for complicated, exhausting workouts that can strain you. This simple '5' Minute Plan, that you do at home, leaves you refreshed.

6. **Weighs only 10 ounces.** Fits any wallet size case. Stores anywhere. Travels with you so you never have to miss a slimming session. Remember, it's the daily sessions that trim, shape, and fashion you a more youthful looking figure.

It's Fun With Results..."5" Minutes And Out.

THE SECRET WHY IT BEATS FASTING ALONE, MAKING YOUR FIGURE LOOK YEARS YOUNGER.

Fasting programs, when causing weight loss, unlike our plan usually burn off more active tissue (muscles) which can cause your skin to wrinkle, muscles to sag, and create dragging fatigue. Our Plan increases active tissue growth—through the use of the '5' Minute exerciser—while concentrating greater fat loss (by exercise and temporary 20 per cent food reduction), making you look years younger as you slim. Within the first '5' minutes you use the exerciser, you start burning off fat, speeding up your metabolism to help burn up stored calories, releasing excess water. Helps curb your appetite without suppressants. Increases energy and well being. It's so simple and enjoyable a Plan to follow, we guarantee you can stay with it, remaining slim without regaining those inches and pounds. It can put an end to your "gain-and-loss-cycles."

USE OUR '5' MINUTE BODY SHAPER PLAN FOR 14 DAYS AND WE GUARANTEE YOU THESE RESULTS:

"You Will Lose Inches and Pounds. Improve Your Vitality, Energy, Fitness, Posture, Work Off Body Tensions, Feel and Look Better and Younger — All To Your Satisfaction Within 14 Days If You Follow Our Instructions—Or Your $7.98 Will Be Refunded."

EXPERTS AND CUSTOMERS AGREE:
It's the no-nonsense way to shape up fast!

Scientific reports and many of our 600,000 customers inform us that sauna wraps, inflated belts, weighted belts and other 'effortless exercisers' are of little or no value in firming, shaping, and beautifying your figure. YOU MUST WORK OFF THE INCHES," experts say. We believe, and results prove, ours is the simplest, safest, most enjoyable Plan to do it.

Here's a sampling of what the customers who have shaped up on our Plan tell us happened to them: "**I lost 25 pounds, 5½ inches off my waist in 14 days,**" G. G. "**Lost 32 pounds, 6⅛ inches off my waist in 24 days,**" M. F. "**I lost 7 pounds and 5½ inches off my waistline in 9 days.**" L. S.

START SHAPING UP NOW!

It is America's most successful body slimmer and shaper. Over 1,500,000 customers have purchased our '5' Minute Plan to slim down fast. Results are proven and some notarized. Our guarantee to you is in writing. Experts agree our plan works—and works fast. Now, can you think of any reason for not ordering your '5' Minute Body Shaper Plan and start slimming down today?

Satisfaction Guaranteed

Use our improved '5' Minute Body Shaper Plan for 14 days! See what it can do for you! If it is not what we say it is, simply return it to us, in good condition, for $7.98 refund."

TM





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Builder of Beautiful Bodies since 1936
21100 ERWIN ST., WOODLAND HILLS, CA 91364

[illegible] that I will feel glorious and begin to look slimmer in just 3 days!

☐ **I am enclosing $7.98 plus $1.00 for shipping and handling.** (California res. add 6% sales tax.) ☐ Money Order. Please allow 3 to 4 weeks for delivery.

Rush '5' Minute Body Shaper and Illustrated Guide.

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City ..... State .....

Zip .....

IN CANADA: 5 Minute Body Shaper, 2875 Bates Road, Montreal, Quebec

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The Photo Chest **MAKES ALBUMS OBSOLETE!** **$12.98**

out to pass around. Flip-up pockets make viewing

tooled long, 3¾" high.

For 3½x3½ instamatic and Square-Shooter.
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Send check or money order. (Add $1.50 postage for each set) Money back guarantee and allow 3 weeks for delivery.

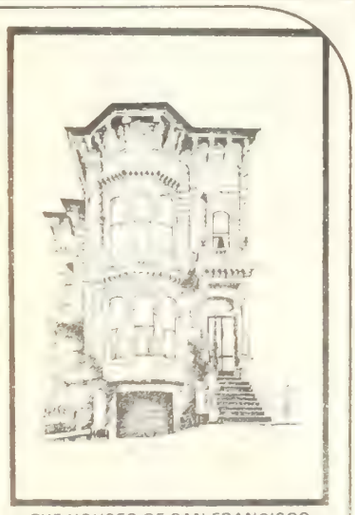
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Yarn stand — $34.95 prepaid

Carl Forslund
Father and Three Sons



SHOPPING AROUND



PLANT POST

George W. himself might have planted his peruke on a tripod base, early American wig stand like this one of mahogany or fruitwood finish. Complete with waterproof cache pot. 12" dia., 14" base, 36½" h. $79.95 plus $6 post. Magnolia Hall, HG11, 726 Andover, Atlanta, GA 30327.



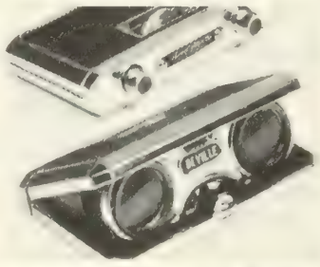
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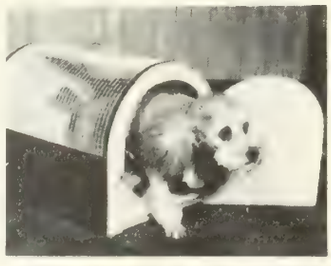
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The brown bag is off to school with the youngsters these days, and teens consider it a kicky carrier, too. 8" by 12". Brown canvas with black braid band and handle, black lettering, and waterproof lining. $5 ppd. Little Things, HG11, Box 5557, Akron, OH 44313.



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Folding opera glasses. Slip into handbag or pocket. Sports fans, theater buffs, ballet bugs love them. Makes balcony seats seem like first-row center! Chrome plated, 2.5 by 25 m/m. $4.98 plus 50c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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Pet carrier with rustproof screening all around avoids that closed-in feeling. Inside: wall-to-wall carpeting! Pet carrier of pressed wood, three sizes: 9" x 16" x 12", $19; medium, 12" x 18" x 13", $28; 16" x 16" x 20", $38. Ppd. Turen, Inc., PC-11, 2 Cottage Ave., Danvers, MA 01923.

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Talking 'Patty Prayer' Doll

now I lay me down to sleep...

Kneels and says her bedtime prayer

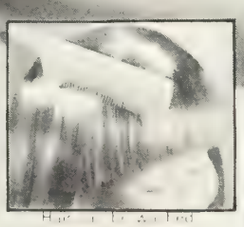


Nothing to wind up—no string to pull. Whenever you want her to she says

"Now I lay me down to sleep,
I pray the Lord my soul to keep.
If I should die before I wake,
I pray the Lord my soul to take.
God bless Mommy . . . and Daddy,
and make me a good girl, Amen."

Makes a beautiful gift!

Just press her tummy and Patty recites the entire children's bedtime prayer in her precious childlike voice. Almost 20 inches tall, she's soft and lovable and dressed in a silken nylon nightie. Under the nightie her body and arms are cloth covered foam. Hands and head are soft washable vinyl—her beautiful lifelike hair can be combed and styled. Patty's delightful voice comes from a miniature record player in her tummy. Open the zipper on her back to turn the record over and she sings "Brother John"! Operates on a single penlight battery (included). Money back refund if you (and your favorite little girl) are not perfectly delighted.



Hands come together when Patty prays



Hands stop together when Patty pray



Please indicate on coupon your choice of A or B above

$9.95

- ALMOST 20 INCHES TALL
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check which doll ☐ A - White ☐ B - Black

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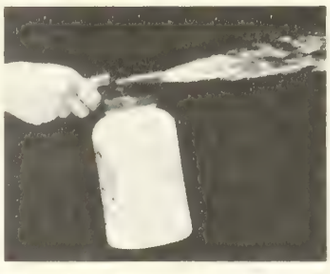
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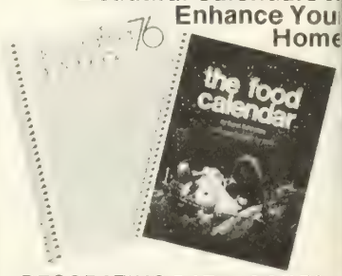
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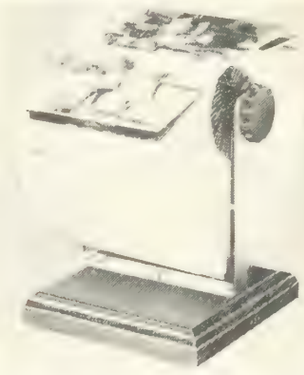
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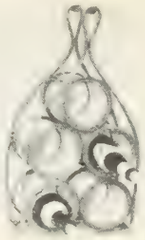


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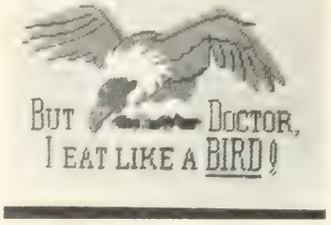
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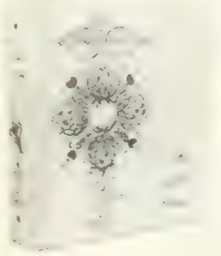




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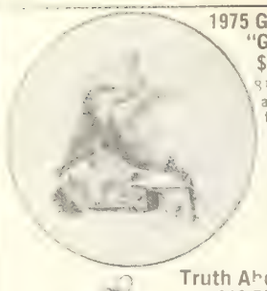
Shade is colorfully designed Early American fabric [illegible] rene.

Parch[illegible] shade

Liberty [illegible]

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1975 Gorham Xmas— "Good Deed" $17.50 ppd.

8½" diameter plate is a second limited edition Norman Rockwell.



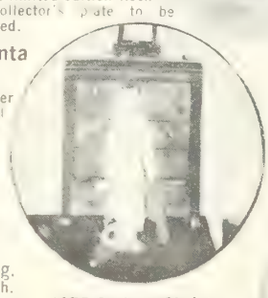
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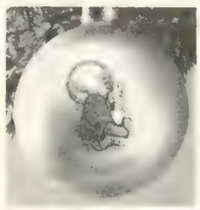
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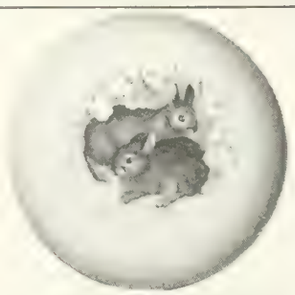


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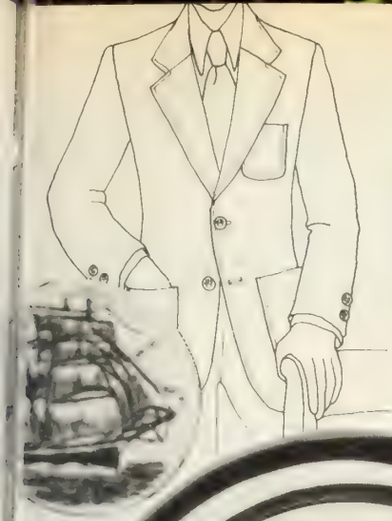
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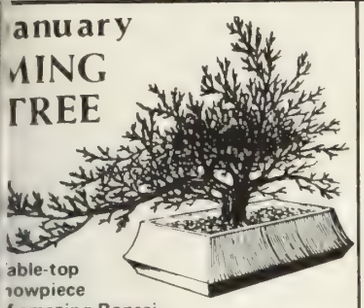
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Address _____
City _____ State _____ Zip _____
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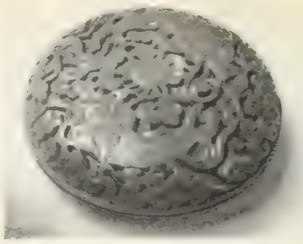
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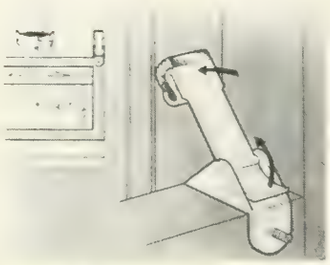
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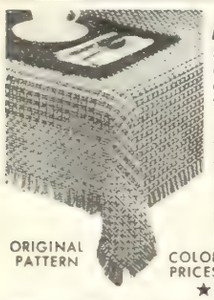
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72″ round with white fringe .	16.95	72″ cut round	10.50
Placemats (12″ x 18″). Pair .	2.75	WHITE FRINGE to trim 72″ round, 7 yds.	2.75
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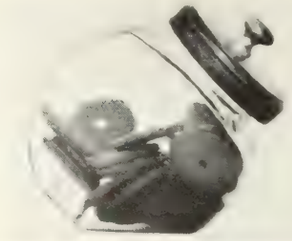
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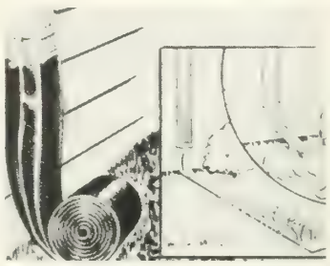
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Green plastic sleeve distributes rain water away from down spout across lawn, shrubbery. Sleeve stays rolled until it rains then unrolls, water flows and spreads through sprinkler holes. 9′ L. $1.49 plus 20c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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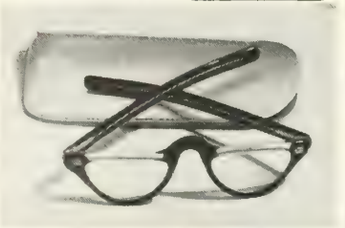
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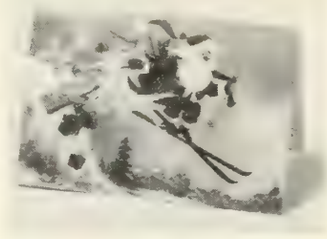
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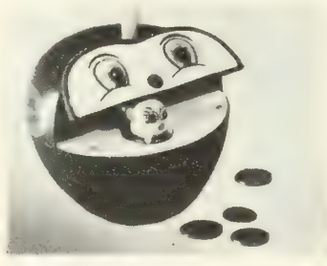
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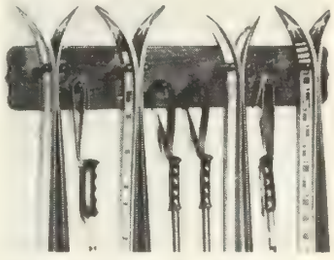
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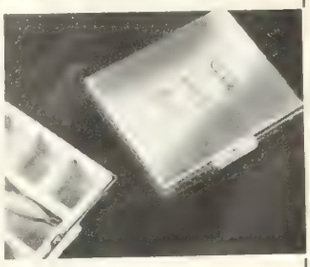


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Contact wearers will like this lovely brass case. Inside there is a mirror and two plastic pockets that safely hold your lenses and keep them clean and dust free. Included is a bottle for your lens fluid. 2" x 2" x ½" deep. Specify initials to be engraved on case. $6.50 ppd. Bruce Bolind, 211 Bolind Bldg., Boulder, CO 80302.

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Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½"x½". 500 on white or 250 on gold, $2.50 ppd. Or on Deluxe Size, 1¾" long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via Air Mail, add 39¢ per order. Bruce Bolind, 211 Bolind Bldg., Boulder, Colo. 80302. (Since 1956, thanks to you!)



This regal cheetah will be right at home in your home or office. An endangered species lithograph by Gloria Gray Roop. Beautifully detailed in black on heavy cream vellum, 14" x 18." Each is titled and signed by the artist. A most distinctive gift.

$17.50 plus 75¢ postage & handling
Send 60¢ for catalog showing other prints — Free with order.
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THE CHEETAH





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SHOPPING AROUND



BELLPULL KIT

A captivating Christmas design for basic embroidery stitches. Shades of red, white, green on tan ground. 20¼" l. by 5¾" w. Bell (brass) and wood bar. Swedish import. #8903. $14.95 plus $1 post. Color catalogue $1. Skon, GE11, 55 Lambert Lane. New Rochelle, NY 10804.



IN THE SPIRIT

Unique calendar for 1976 adds a stunning streak of red, white, and blue. Silk-screened by hand on mirror-bright chrome polyester mylar. 50" l. by 10" w. Rolled up in a clear gift tube. $4.98 plus 50c post. Lillian Vernon, GNE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



'WAY BACK WHEN

Mini replica of 1900 edition of a Sears Roebuck catalogue—when prices were lowest since 1800! Fascinating what pennies could buy. 388 pages, 4000 illustrations. 5¼" x 7". $2.95 plus 30c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



RIGHT AT HAND

Handsome three-tiered magazine rack by Koch is made of sturdy brass-plated wrought iron. It saves space, moves to wherever you choose to read. 15" l. by 15" w. by 24" h. overall. $29.95 ppd. Write to St. Nicholas Boutiques, HG11, Santa Claus, IN 47579.



ANT FARM

Watch them dig tunnels, build roads, move mountains, erect bridges. Clear plastic wall is like living screen. With stock certificate for supply of ants and sand; watchers guide. 6" by 8½". $5.98 plus 75c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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"KELLI" — Daniel Green's softest-ever suede mocassin slippers with cuddly fleece lining. Perfect for all your casual, at-home clothes. Great gifts! Available in NARROW, 5½ through 12 in Blue, Gold, Green, Pink — in MEDIUM, 5 through 12 in above colors — in WIDE widths, 6 through 10 in Blue or Gold. Price $11.95. No half sizes over 10, $1.00 per pair extra for sizes over 10. Add 90¢ postage for each pair ordered. Prompt refund if not delighted. Free catalog. Write SOFWEAR SHOES, Dept. DG, 1711 Main, Houston, Texas 77002.



Just push button. Cigarette and cigar smoke start to vanish—automatically. All that remains is a beautiful fragrance. Patented Smoke Magnet™ has 2000 spray charges for months of use. Great for home, office, smokey card games! Guaranteed. Send $5.00 (+ 50¢ handling and postage) to AIR SUPERB CO., BOX A GRACIE STATION, NEW YORK, N.Y. 10028.

Smoke Magnet™

RED PEPPER WREATH

Exotic Christmas wreath made of 200 red sun-ripened chili peppers from an Indian village, Santo Domingo. A holiday decor and later, it's Bueno for chili and other Mexican dishes. Free cook book. $12.50 ppd. The Old Mexico Shops, HG11, Patio 2, Santa Fe, NM 87501.



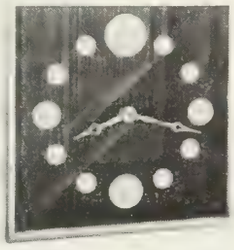
ZIP!

Stubborn, hard-to-reach zippers get their come-uppance with a gold-plated chain pull to be attached before the garment is on. 18" l. To unzip, attach at top before starting. $1.98 plus 20c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



COIN CLOCK

Marking the hours with 18k gold finish coins—Eisenhower Dollar, Kennedy Half, Roosevelt dimes, Washington quarters. Walnut face, plexiglas cover, brushed gold metal frame. 8¼" sq. $59.95 plus $2 post. Giftique Enterprises, HG11, Box 2272, Rockville, MD 20852.



NAVAJO RUG ART

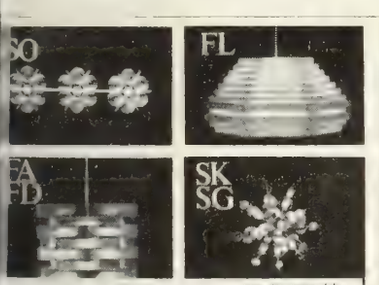
Replica of tribal symbols, ivory and earth tones. 3′ by 5′, $34.95; 4′ by 6′, $49.95; 6′ by 9′, $89.95; 9′ by 12′, $169.95; runners, 2′ by 8′, $44.95; 2′ by 11′, $54.95. Ppd. Catalogue Oriental and Indian rugs, $1. Peerless Imported Rugs, Dept. GE-115, 3028 N. Lincoln Ave., Chicago, IL 60657.



LOVELY TRIO

Pendants crafted in 14k yellow gold on fine chains 15" long. Heart ¾", arrow 1⅛", star ¾", (approx.), each $14.90. Matching rings in arrow or star, $17.90. Plus $1 post. Free catalogue of rings and things for men, women. The Strongite Co., HG11, 2 W. 47th St., N.Y., NY 10036.





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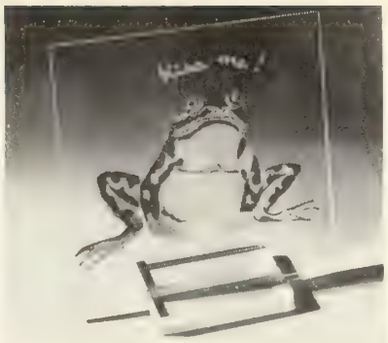


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6½" Plate 14.95 - 5" Spoon 9.95 - 6" Tile 6.95



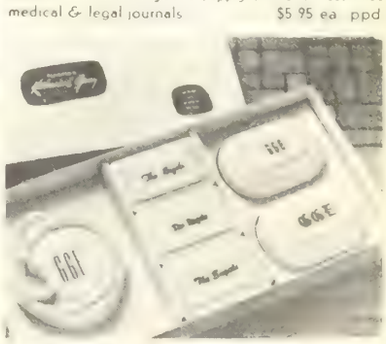
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DISPLAY your Collection of Spoons! A deftly designed two curved shelf rack is pretty enough to hang alone. Spaced to hold 18 of your precious spoons from demitasse to table size. Made of yester years mellow Pine & hand-rubbed to a satin smooth colonial fruitwood finish. 14 x 13" wide **$8.95 pp.** New 24" wide rack holds 36 spoons. **$13.95 pp.**



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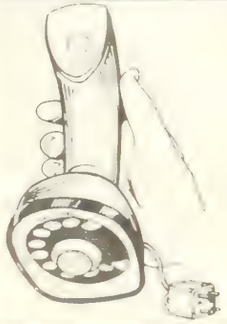
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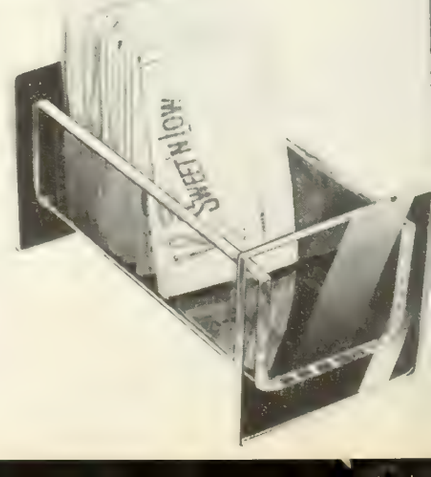


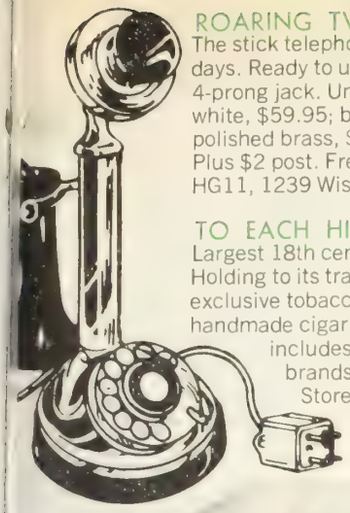
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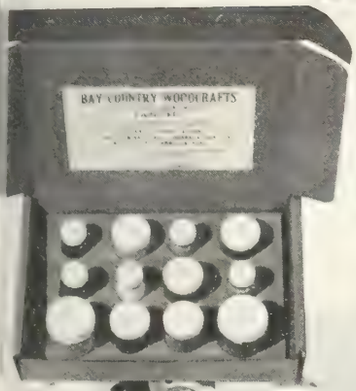
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TO EACH HIS OWN

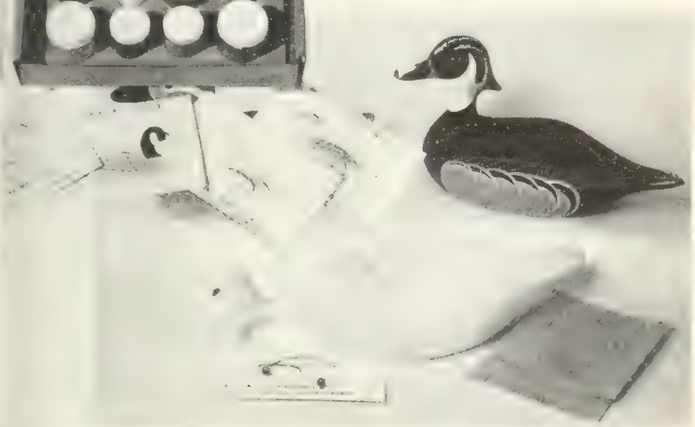
Largest 18th century tobacco port was Georgetown. Holding to its tradition, top tobacconist offers 16 exclusive tobacco blends, and 36 of world's finest handmade cigar brands. 32-page catalogue includes master chart of cigar shapes, brands, 50c. Georgetown Tobacco & Pipe Stores, HG11, 3144 M St., N.W., Washington, DC 20007.





DECOYS TO PAINT

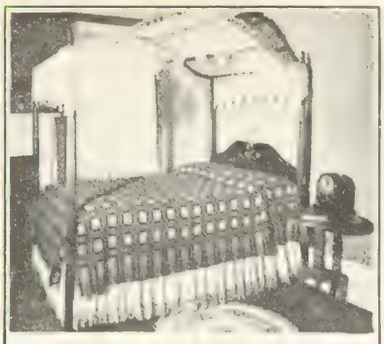
One of America's loveliest, the Wood Duck, carved of solid pine, ready to assemble, paint or stain. 13" l. hen or drake kits, $12.50 ea.; two for $23. Custom mixed paints, 12 life-like colors with painting guides for Wood Ducks, Teals, Mallards. $11.95. Add $1 post. per order. Catalogue, 25c. Bay Country Woodcrafts, HG11E, Oak Hill, VA 23416.





EXPERT AID

Handsome kitchen addition. Unique butcher block island on casters hides plastic trash can on pull-out ball bearing support, has roomy drawer, solid maple top, 1 ½" deep, grooved to catch juices from carving, chopping. Formica sides match wood top. 15 ½" by 25" by 36" h. $189.50 exp. coll. The Mailbag, HG11, White Post, VA 22663.



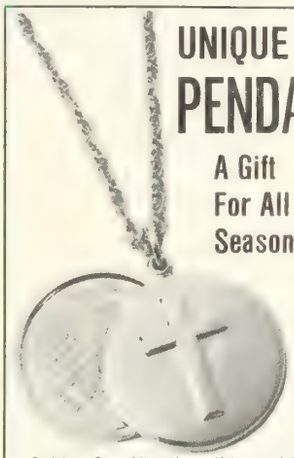
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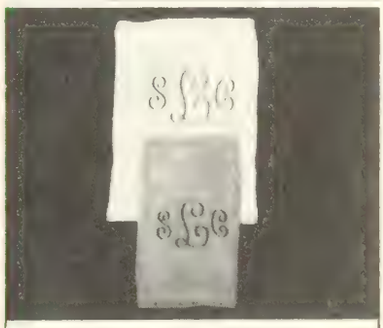


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Catalog 25¢.

The Mailbag
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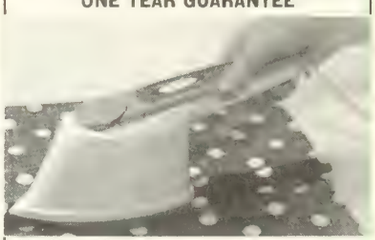


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STAINED GLASS MINIATURE

Sentiment welcoming visitors to Bishop's Garden at Washington Cathedral is reproduced on free-standing stained glass screen. Each panel, 5" by 7", surrounded by violets and greenery. $7 plus 95c post. Color catalogue, 35c. The Unicorn Gallery, Dept. G11JE, 15111, New Hampshire Ave., Colesville, MD 20904.

BELT BAR

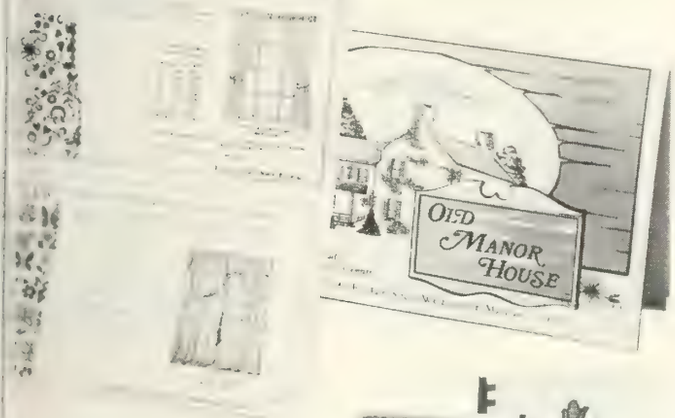
A wardrobe wonder is a belt valet that holds 24 belts neatly. With four brass hooks on a walnut-stained wooden bar, it's sized right for efficient service: 8" by 5½" by ¾". $5.95 plus 80c post.; two, $11.50 plus $1 post. Sleepy Hollow Gifts, HG11, 6651 Arlington Blvd., Falls Church, VA 22042.





TRUE TO NATURE

Prints of original woodcuts by Martha H. Cawley are in two series of twelve designs: North American owls or American wildflowers hand printed on Japanese rice paper. Each 15" x 18"; owl, $45; wildflower, $55. To select subject desired, ask for brochure from Center for Environmental Education, HG11, 1621 Connecticut Ave., NW, Washington, DC 20009.



URTAIN TIME

ramatic decorating ideas begin ith early American bedspreads nd curtains. Catalogue shows 24 urtain styles, matching bed- preads, table accessories and ven canopies! Fabrics available: alico, cotton, muslin, dacron, inon, kodel. Swatches, Catalogue, 0c. Mather's, HG11, 31 E. Main ., Westminster, MD 21157.



COOKS' TOUR

From east and west, a collection of 80 of the best regional cookbooks from around the country are described in one bountiful Catalogue. Some selections: Fiesta recipes from Texas, Seafood Sorcery, Freezing and Canning Cookbook, Catalogue, $1. American Folk Art Co., HG11, 3200 W. Cary St., Richmond, VA 23221.



RAISE THE FLAGS

Glorious gift for Bicentennial or anytime. Jaunty 4" by 6" silk flag is 13½" tall on a polished brass flag stand. Choose the standard Stars and Stripes, or, for friends in the South, the Confederate flag. Either one, $13 ppd. W. T. Weaver & Sons, Inc., HG11, 1208 Wisconsin Ave., Washington, DC 20007.



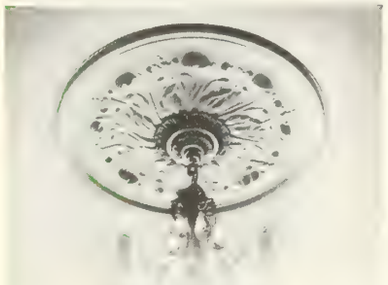
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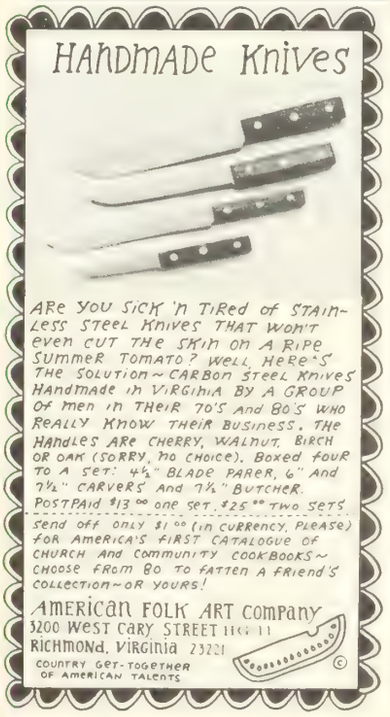
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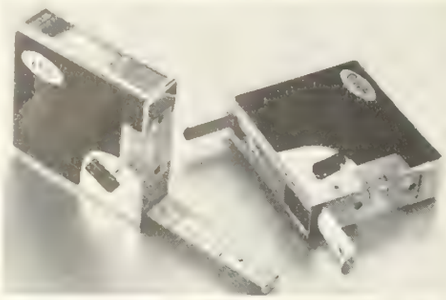
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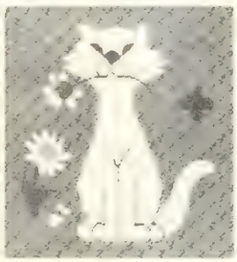
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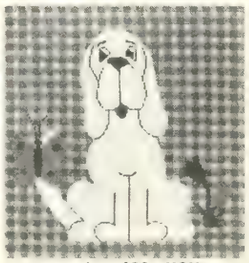
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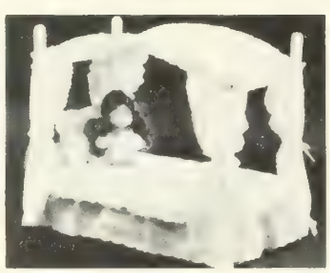
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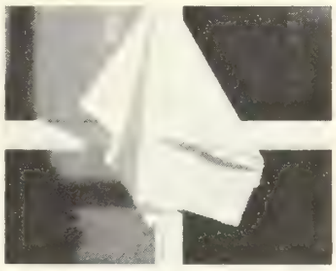
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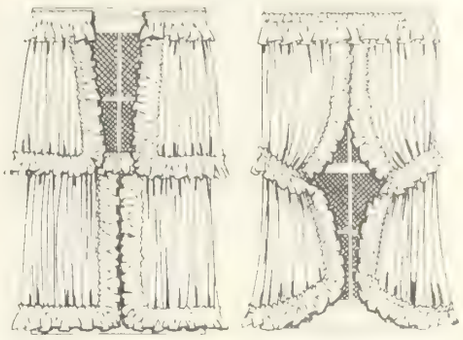
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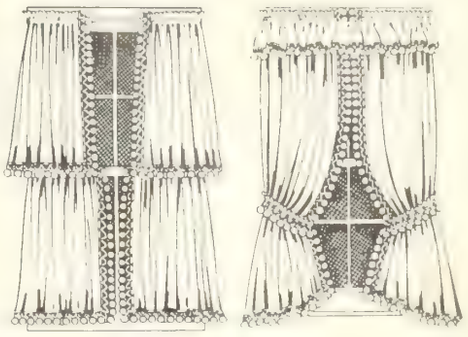
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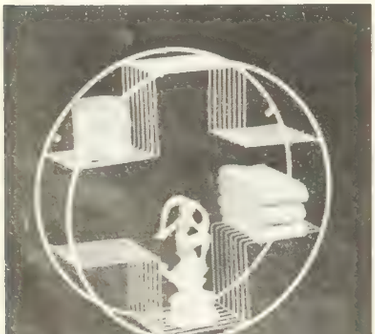
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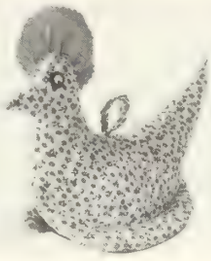
NATURE SUBJECTS

Creatures in their natural habitat, lithographs by A.E. Ruffing. "Great Horned Owl," hickory on pale blue, the "Black-capped Chicadee" in moss green on white paper. 10" by 17", $12 ea. ppd. Catalogue, 25c. The Front Porch Gallery, HG11, Box 125, Bloomington, NY 12411.



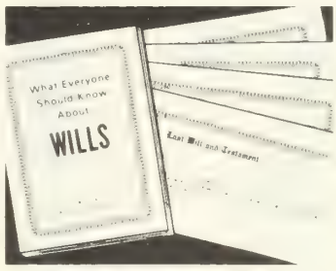
COZY CHICKEN

Calico chicken pot holders are a big 6" high, 6¾" long with moving bead eyes . . . and they sit up and rock by themselves! In bright calico prints; red, yellow, blue or green (specify) with red crest. $1.50 each; three, $4; six, $8. Ppd. Dell's, HG11, Box 191, Pico Rivera, CA 90660.



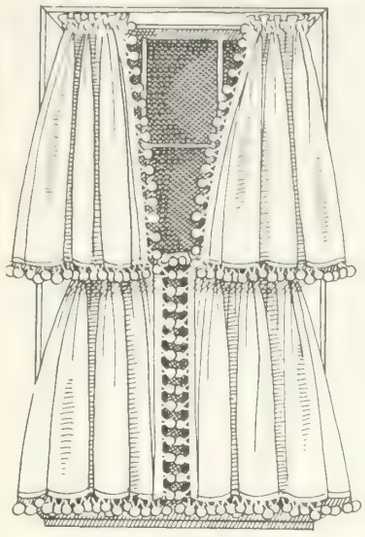
FAMILY PROTECTION

About time to think about making a will to protect the family. "Wills—How to Make and How to Break Them" is written by an attorney. Personal history and asset sheet and four will forms incl. $2.98 plus 20c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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Ball Fringe in Cotton Muslin or Permanent Press — Natural or White



TIERS	COTTON MUSLIN	PERMA. PRESS
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30", 36", 40"	6.00 pr.	6.50 pr.
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45", 54", 63"	8.00 pr.	8.50 pr.
72", 81", 90"	10.00 pr.	10.50 pr.
VALANCE		
10" x 80"	2.50 ea.	2.75 ea.

All pairs are 90" wide.

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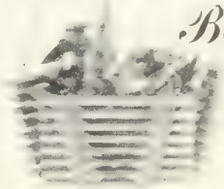
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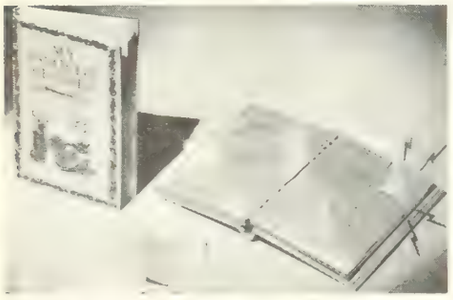
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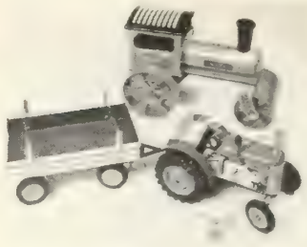
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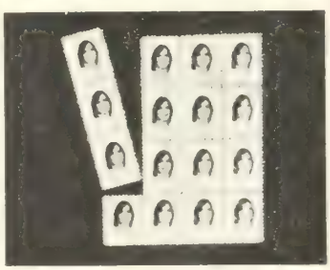
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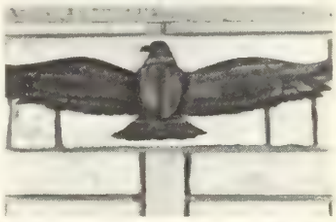
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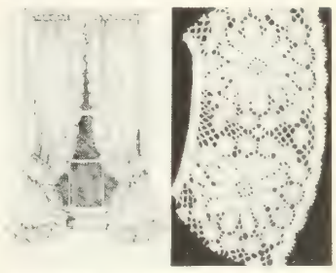
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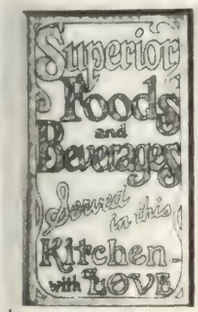
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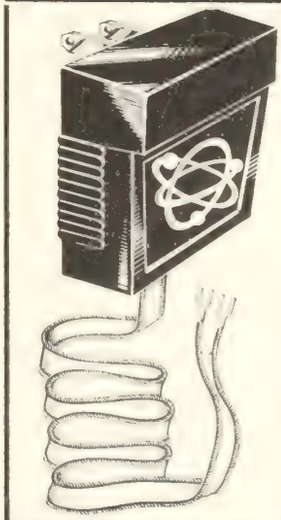
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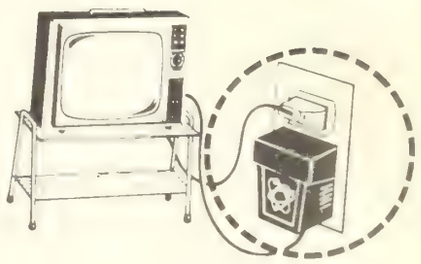


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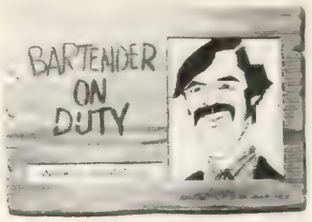
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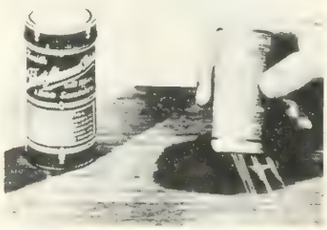
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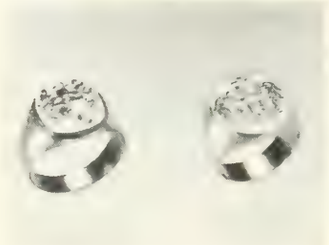
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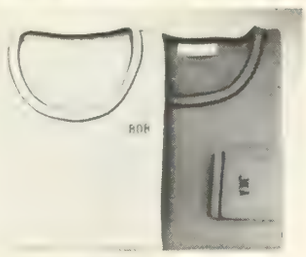
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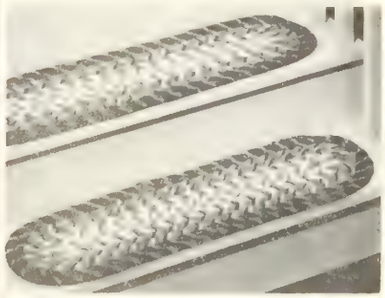
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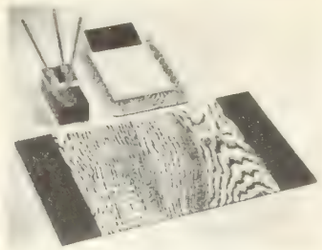
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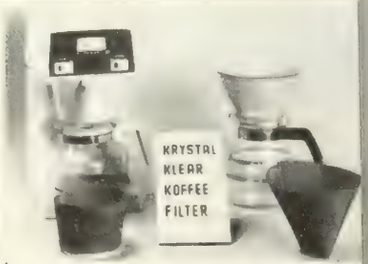
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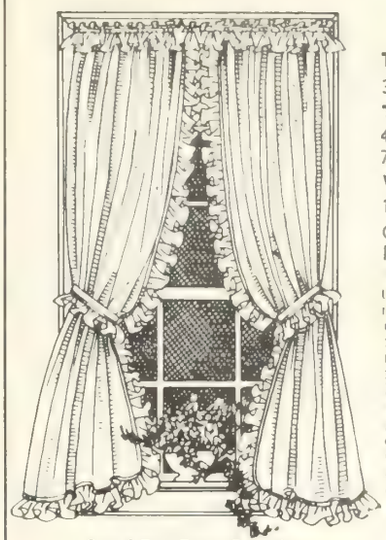


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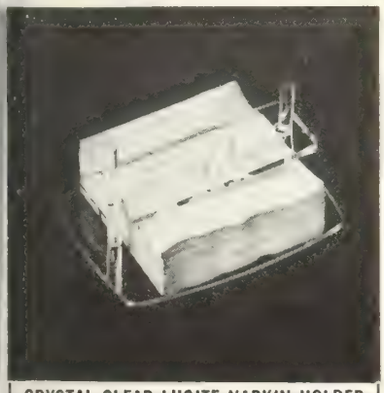
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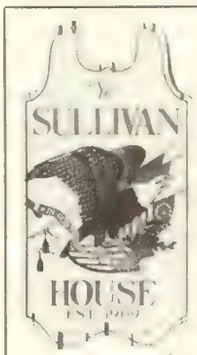
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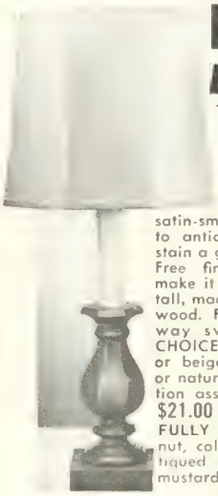
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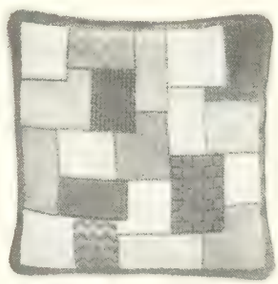
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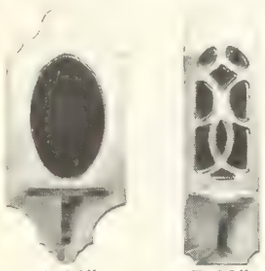
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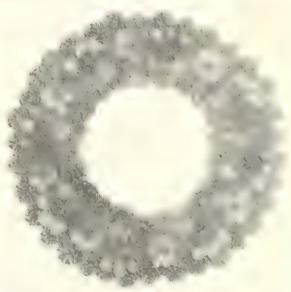
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YOUR OWN HOME IN NEEDLEPOINT

From your own photo and description, let well-known authority, Maud Hundley, help you create a needlepoint portrait for framing of your own home. Here is not only an accent piece of subtle elegance, but a cherished memory for generations to come.

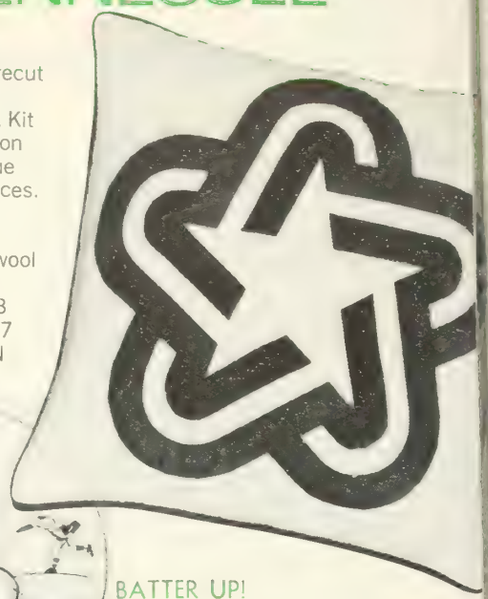
Send photo and complete description of all colors and details for estimate—Remember, the more complete the description, the more faithful the reproduction.

MAUD HUNDLEY STUDIO
Box 264
Anchorage, Ky. 40223
Send 75¢ for catalog of creative needlepoint ideas.

SHOPPING AROUND KENTUCKY AND TENNESSEE

STAR PERFORMER

Top honors for a terrific quilting project go to a precut pillow with the official Bicentennial Star design. Kit includes 18" by 18" cotton block with red/white/blue design in 10 applique pieces. $9.95 plus $1 post. Needlepoint version with printed canvas, Persian wool yarn, for 14" sq. pillow. $17.95 plus $1 post. B&B Needlecrafts, HG11, 2277 Union Ave., Memphis, TN 38104.



LYNCHBURG HARDWARE & GENERAL STORE



Old-time Riverboat Playing Cards

There's a black and a green deck, both contained in a beautiful antique tin case. Each card is a bit thicker than normal—like those used on 1890 riverboats. The face cards are reproduced from 100-year-old artwork. So it's a real unusual set of cards. Twin deck in antique case $7.50. Single deck (specify black or green): $2.75. Postage included.

Send check, money order, American Express, BankAmericard or Master Charge, including all numbers and signature

Write address above

"RACKET-PLAQUE"



The Tennis Equipment Organizer

For attractive wall or door mounting. Holds up to 4 tennis rackets (or 2 in racket presses)—2 cans of balls—wooden pegs for accessories. Shipped with old fashioned "cut" nail for hanging.

Stained walnut—**$23.50** + $1.50 mailing & handling. Unfinished—(for that personal painting touch)—**$19.00** + $1.50 mailing & handling.

Send 10¢ for catalog sheet of other unique gift items. Satis. Guaranteed—No COD's

THE WOODSHED
4187 Northeast Expressway, Atlanta, GA 30340
Phone 404-934-1888



BATTER UP!

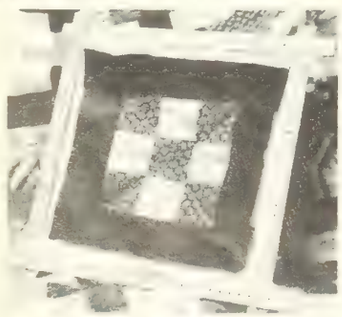
He'll keep his baseball gear in apple-pie order on a wood rack with slots and pegs to hold bats, mitts, cap, balls. The masonite backboard holds heroes' photos; easy to assemble. 20" by 13½". $5.98 ppd. Slim-Ez Suit Co., Inc., HG11, Box 3193, Chattanooga, TN 37404.



PORTRAIT OF AMERICA

Familiar scene from old-time American countryside advertising. "Rock City Barn" by artist David Moses in 12" by 16" black and white lithograph, $5.95 and on a sterling ingot, 1 troy ounce .999 fine silver, $14.95. Both $19.95 Ppd. Numbered, limited editions, 1,000 ea. Treasure Chest, HG11, 3624-6 Austin Peay, Memphis, TN 38128.

Quilt the New Way.... A Block at a Time!



With The Quilt Lady's Lap Frame

[illegible] to be charmed to the old fast [illegible] and scraps. Take this lightweight, [illegible] with you to any room or outdoors. Stitch [illegible] and use with our hardware and instructions. Put quilted blocks together into finished quilts with our instructions, also included. Order today!

$6.75 PPD.

CONTEMPORARY QUILTS – Dept. HG 18
3466 Summer Ave., Memphis, Tn., 38122

HOUSE & GARDEN COLORS



Order this year's 36 House & Garden Color Chips now—each set accompanied by Merchandise Directory—(Who make What in Which Color).

36 large 3" x 6" Color Chips and Directory $7.00
36 Miniature 1" x 2" Color Chips and Directory $3.00

Checks or money orders to:
House & Garden, Dept. cc '76
P. O. Box 1910
Grand Central Station
New York, N.Y. 10017

CLEARLY CLASSIC

For the folks who like their whiskey straight or even with a mix, a set of sipper glasses gives a clue to the brand to order—Jack Daniel's Gold Medal. Set of six 9-oz. on-the-rocks glasses, $4 plus $1 post. Two sets, $1.50 post. Lynchburg Hardware & General Store, HG11, Box 239-A, Lynchburg, TN 37352.



HEIRLOOM LOOK



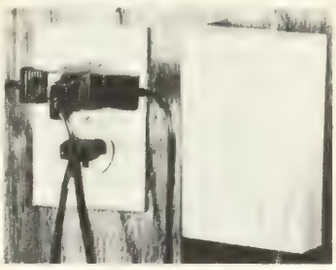
Lovely copy of a necklace your grandmother might have owned. Cameo slide is adjustable high or low. Removable pendant seal can be replaced with your own watch. Finish is antique gold. 27″ long. $10 ppd. Catalogue 25c. Bonnie Sue Gifts, HG11, Box 253, Oceanside, NY 11572.

TERRIFIC T's



Perfect under sheer shirts, great as-is with baggies—100% cotton T-shirts. Preshrunk, machine washable, dryable. Black, wine, tan, midnight or sky blue, cocoa, dark green. S,M,L. $6.25 ea.; 2, $12; 4, $24. Add 75c post ea. New Era Mail Order Co., HG11, Box 6, Ridgewood, NY 11227.

TWO FOR ONE



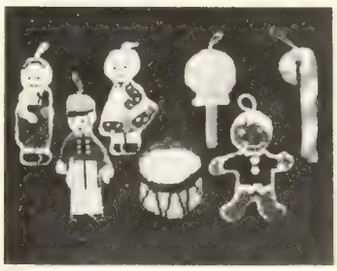
Helpful gadget not only provides four outlets instead of two, it covers exposed plugs for beauty and safety. Ivory finish case can be painted or papered! Just plug in; no installation. Hide-A-Plug is $3; two, $5. Ppd. Crown Castle, HP-500, 51 Bank St., Stamford, CT 06901.

SEWS LOCK STITCH



Tool does great things: sews leather and canvas. Do your own repairs on shoes, handbags, awnings, seats, upholstery. Pack includes bobbin of wax thread, two needles. $4.98 plus 40c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.

NEEDLEPOINT ORNAMENTS



Soldier, lollipop, candy cane, drum, Raggedy Ann and Andy and gingerbread boy—complete kits with canvas, Persian Paterna wool, needle, chart and instructions. 3½″ to 5″. $2.25 each. Any six, $11.95. Add 50c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.

Imported Live from Hawaii



TI PLANT

Hawaiian Good Luck Plant

Native Hawaiian plant believed to bring good luck, long life, and enduring love. Beautiful with lush leaves and elegant height. Watch Ti Plant go up and up! Grows out of a log which you put in water. When sprouted put in pot, sun or shade. Use larger pot for larger Ti plant. A great well-wisher's gift.

2 for $2.25 ppd.; 3 for $2.75 ppd.

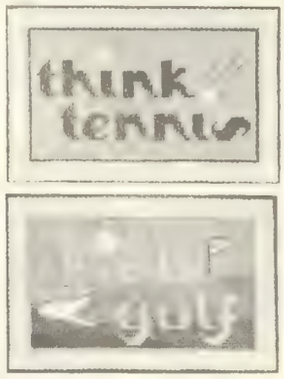
Edd, the florist, inc.

Hickory House
823 North Court

Collectors Division HG1
Ottumwa, Iowa 52501

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say it in Quickpoint



For pillow, rug or wall hanging (20″ x 14″). Each kit contains taped #5 French canvas. Paternayan rug yarn, needles and complete instruction. Tennis quickpoint: red-on-yellow. Golf quickpoint: yellow-on-greens.

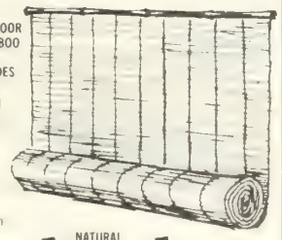
$22.50 each, postpaid

ella projansky's needleworks, inc.

p.o. box 423—HGN—white plains, n.y. 10602

INDOOR-OUTDOOR ROLL-UP BAMBOO MATCHSTICK WINDOW SHADES

Includes hook for hanging. All 6" long. Write for 2—$4.95; 3—$6.95; 4—$7.95; 5—$8.95; 6"—$13.95. Add $1 with each for postage.



NATURAL

bamboo & palm



WOVEN NATURAL PALM LEAF FAN

An unusual wall decoration. Approx. 10" x 11". $1.00 each; add $.50 each for postage.



NATURAL BAMBOO SERVING AND LAP TRAY

Approx. 9" x 13". $3.00 each; add $1 each for postage.

DECORATOR CHAMBERED NAUTILUS SHELL

Approx. 5" diameter. $4.95 each; add 75c each for postage.



Send 25¢ for catalog of our entire collection of baskets, bamboo, handmade & crafted items.

baskets etc

P.O. Box [illegible]
ATLANTA, GA. [illegible]



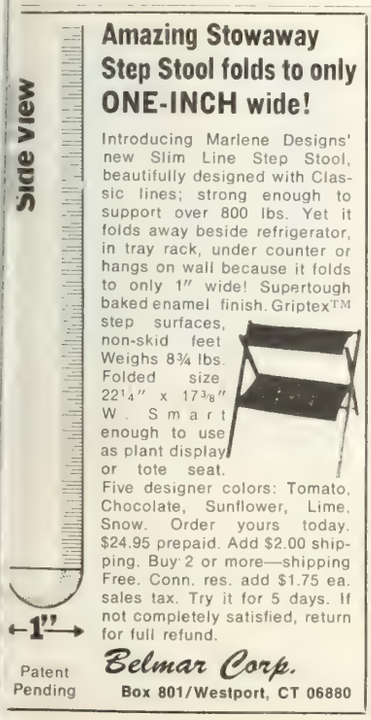
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Amazing Stowaway Step Stool folds to only ONE-INCH wide!



Introducing Marlene Designs' new Slim Line Step Stool, beautifully designed with Classic lines; strong enough to support over 800 lbs. Yet it folds away beside refrigerator, in tray rack, under counter or hangs on wall because it folds to only 1″ wide! Supertough baked enamel finish. Griptex™ step surfaces, non-skid feet. Weighs 8¾ lbs. Folded size 22¼″ x 17⅜″ W. Smart enough to use as plant display or tote seat.

Five designer colors: Tomato, Chocolate, Sunflower, Lime, Snow. Order yours today. $24.95 prepaid. Add $2.00 shipping. Buy 2 or more—shipping Free. Conn. res. add $1.75 ea. sales tax. Try it for 5 days. If not completely satisfied, return for full refund.

Patent Pending

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MATCHING SOLID COLOR DUST RUFFLE

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Add a fresh clean look to your bedroom every morning with our Colonial Coverlet, the Eagle Pattern in red, blue or moss green on crisp white. Gives you warmth—without weight! Choose Twin or Double: $32.95. each. (Add. $2 postage).

Matching Dust Ruffle in solid blue, red or green. Twin: $11.95. Double: $12.95. (Add $1.55 each post).

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Eve Stillman's full and flowing nightgown in silky nylon tricot. Exquisitely detailed with its diamond smocked yoke, frothy lace-shirred scoop neckline and cuffs. Pale blue or yellow. P(6), S(8-10), M(12-14), L(16-18). $18.00

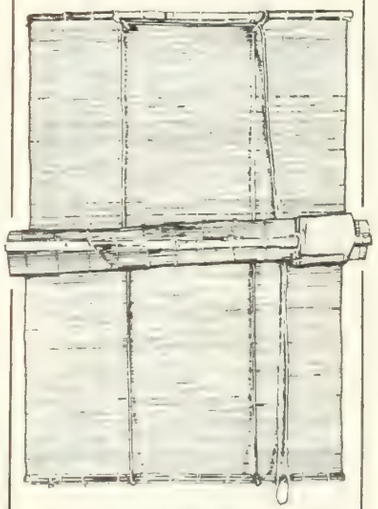
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USEFUL AS WINDOW SHADES, DOORWAY CURTAINS, OR ROOM DIVIDERS. EACH SHADE CONTAINS 550 INDIVIDUAL BAMBOO STICKS, COMPLETELY ASSEMBLED WITH HOOKS FOR HANGING.

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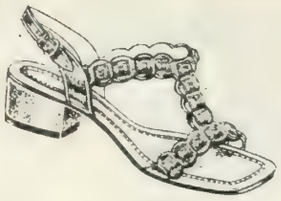
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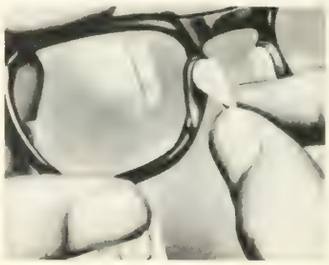
SANDAL DAZZLER

Multicolor "gems." Cushioned insoles, adjustable backs. White, black, gold, silver; pink, blue, yellow, green pastels (specify alternate colors). N 5½-12; M 4-12; W 5-12. (No half sizes over 10.) $11.99 plus 90c post. Morgan's Cove, HG11, 28 W. Prospect, East Brunswick, NJ 08816.



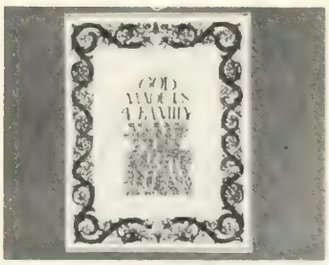
SALEM CURTAINS

Permanent press natural or white polyester/cotton. Six inch ruffle; 86"w. 45"l., $11; 54", $12; 63", $13; 72", $14; 81", $15.25; 84", $15.75; 90", $16.75. $1.75 post. Tiebacks, valance included. Free brochure. Old Colony Curtains, Dept. G5N6E, Box 759, Westfield, NJ 07090.



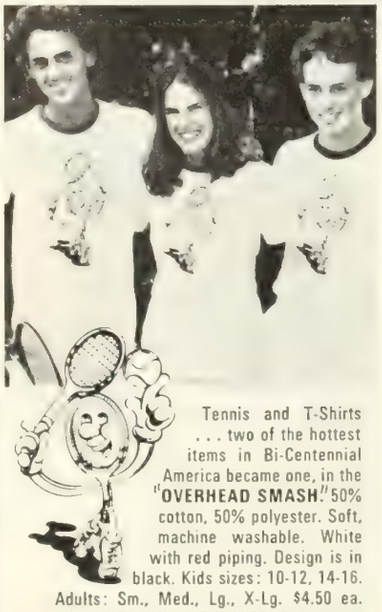
NON-SKID PROTECTION

Foam rubber pads adhere to glass frames. Savvy solution to glasses that slide down on the nose. Pads also relieve pressure of frames on sensitive skin. $1.98 for 24 pads plus 15c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



UNITED IN GOD

Laminated wooden plaque in rich color is ready to hang on the wall as an inspiration for all the family. Border is a handsome Italian scroll of leaves and blossoms. Size 8" by 6". $1.98 plus 35c post. Cadlyn's, HG11, 2077 New York Ave., Huntington Sta., NY 11746.



Tennis and T-Shirts . . . two of the hottest items in Bi-Centennial America became one, in the **"OVERHEAD SMASH."** 50% cotton, 50% polyester. Soft, machine washable. White with red piping. Design is in black. Kids sizes: 10-12, 14-16. Adults: Sm., Med., Lg., X-Lg. $4.50 ea. 2 for $8.50. 3 for $12. Add 20¢ for postage & handling. Please send check or money order to: **Mr. Tennis, P.O. Box 6906, Grosse Pointe, MI 48236.**

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PLANT PEDESTAL
UNIQUE—CLEAR LUCITE

8¾" Round All Purpose Pedestal for Plants-Sculpture-Cakes-etc! Incredibly priced at only $5.00

Available in White, Black & Tortise for only $6.00

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Available in 4½" size for window plants. Clear only-buy several $2.50

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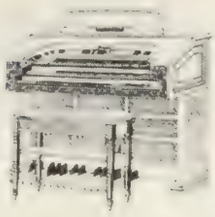
WE will send a gift in your name. Just tell us where it goes, they will LOVE YOUR THOUGHTFUL GIFT-WRAPPED PEDESTAL.

Please Add $1.00 for postage & handling N.Y. Res. add tax. Satisfaction Guaranteed

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SHOPPING AROUND

ORGAN SELECTIONS



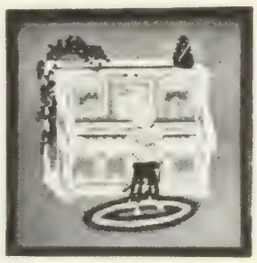
Organ music makes beautiful listening on 8 track or cassette tapes to delight family members over the years. Familiar themes include "Somewhere my love," "The Entertainer" and many more. $4 ppd. Easy Listening Music, HG11, Mall Music, Fort Myers, FL 33901.

DIETERS AHOY



Gag place setting guaranteed to help in weight loss. Bottomless spoon, cut off knife and fork will keep dieters from over-eating and give them and other guests a good laugh. $1.98 plus 25c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.

UPRIGHT IN CREWEL



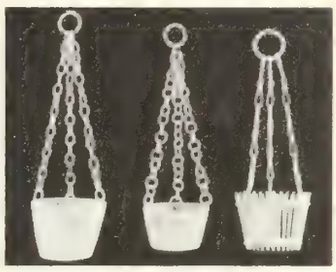
Moss green linen and cotton blend is ready to work in crewel embroidery. Three dimensional piece is worked in green and blue with white, ivory, flesh, yellow, gold, burnt orange, brown, black. 14" by 14". $7.50 plus 75c post. The Stitchery, HG11, Wellesley Hills, MA 02181.

GOT THE SLIM WHIM?



Firming up the figure even after you've lost a few pounds isn't always automatic. Slimmer belt helps you to a trim shape, fastens easily with Velcro, adjust from 26 to 50"; 7" wide. Wash and wear cotton, too. $6.99 plus 35c post. Holiday Gifts, Dept. 311-S, Wheat Ridge, CO 80033.

PLANTING ALOFT



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- ALL WOOD CABINET
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SIZE: 12" x 29" x 5"

Now, imagine this beautifully handcrafted giant chime clock hanging in your living room, family room, dining room, or even your office. It will become a conversation piece every time your friends walk in. The handrubbed walnut finish will enhance any decor. You key-wind it only once-a-month. The chime strikes exact time every hour, and once on half-hours. You must be completely satisfied with this masterpiece of craftsmanship, or you may return it in its original package to us within 2 weeks for a prompt and courteous refund.

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HG-11

just "etc."

The message is vague, but the look is definite! Natural wood, carved and stained to enhance the grain—stunning accent to a wall grouping, exciting on its own! 11½x6½" high.
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Add 50c post. & hdlg. N.Y. res. add taxes

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Touché Magic Plantern



TURNS ON AND OFF WHEN YOU TOUCH THE LIVING PLANTS IN THE PLANTER BASE . . . REALLY!
The base of the lamp is a planter. Simply put in your choice of living plants already in their pots or plant directly in plantern base. Plants are now a living part of the lamp. Touch any leaf to turn light off and on. 22" high, 16" diameter white dome, square base in white or black, chrome trim. Only **$69.95** ppd.
Satisfaction guaranteed

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Twist-o® lemon

OIL FROM THE RIND OF LEMON

One spray over cocktail is all it takes. No more dried up lemons. Always on hand. Not lemon juice. No alcohol used to dilute contents. Use in Martinis, Bourbon, Scotch, Manhattans, or Old Fashioneds.

IDEAL GIFT *smartly packaged!*

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502 KING SIZE TWIST O LEMON. Ideal for family bar, atomizer spray top. $6.95
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524 2" JUNIOR SIZE TWIST O LEMON. Metered spray containers, ideal for carrying in pocket or travel case. $5.45

501 BAR SIZE TWIST O LEMON. Bar size aerosol metered spray container. Ideal for home or bar. Perfect gift. $5.45



513 BAR and JUNIOR TWIST O LEMON. Aerosol metered spray containers, ideal both for home bar and travel case. $7.95

Send check or charge to your Diners Club #. Post. Hdlg. 75c plus 20c each add box (Ill. res. inc. 5% tax.) TWIST-O-LEMON
REVORD-JAMES & CO., Golf, Ill. 60029, Dept. HG-11



Cigarette Snuffer Set

Snuffs burning cigarettes out neatly, safely and quickly without unpleasant smoke. Add 'em to any ash tray. About 1" high of 18K gold plated metal in a design inspired by ancient columns. Set of 6 snuffers.
5670 ..... 1 set $3.50
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THE ORIGINAL MADE IN AMERICA

Ideal accessory for every man's wardrobe

MI-TIE HANGER

Made of solid walnut with [illegible] rubbed finish. Complete with hook and cross bar. Plastic removable riders for individual hanging are designed for wide ties. 10", 45 tie size $9.10 • 16", 75 tie size $11.10 pd. (Less capacity with heavy ties!) Send [illegible] Charge or BankAmericard. Send No. & Exp. Date.

SLEEPY HOLLOW GIFTS
6651 Arlington Blvd. G11-5
Falls Church, Va. 22042



"STITCHES IN TIME"
1976 Needlepoint Calendar

This unique fun-to-own calendar makes an appreciated gift as well. Each month a new project is given, directions for stitching and finishing, plus a listing of materials needed. By the end of 1976 you'll have 12 nifty pieces of needlepoint all created by you! At the same time, there is space for all of your appointments and special days. $4.95 plus 50¢ postage. Minnesota residents add 4% sales tax.



Send for our all new 1976 Needlepoint Shores Catalog, featuring hundreds of exciting, creative stitchery kits of all kinds. $.25 for the catalog. Free of charge with calendar order.

Needlepoint Shores

Dept. HG11 Box 123 • Wayzata, Minn. 55391

The Caftan Jump

$11.99



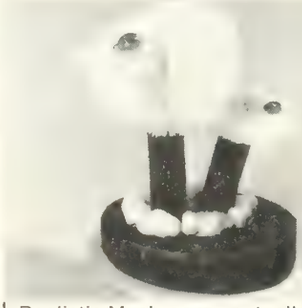
Combines today's top caftan look with the free 'n easy swing of palazzo pants. Ties high under the bosom, zips below. Washable acetate jersey. Asstd. prints.
Sizes S(10-12), M(14-16), L(18-20) $11.99
XL(40-44) $12.99
Order M240671
Add $1 postage and handling.

$11.99

Major credit cards accepted

OLD VILLAGE SHOP
Dept. M-6517 Hanover, Pa. 17331
Satisfaction guaranteed

SEA WHIMSY



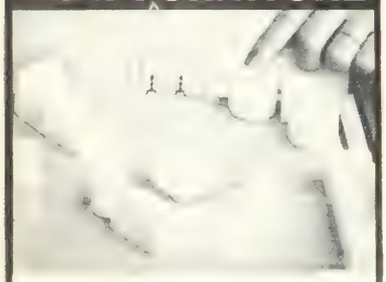
Realistic Mushrooms, actually born of the sea: Mushroom Coral from the South Pacific form natural caps, on wood stems and base. An errant ladybug or two add a splash of color to an out-of-the-ordinary gift item or a collectible for your own enjoyment. Approximately 3½" high.

M-2 Mushrooms

$3.95 plus 95¢ shipping and handling.
No C.O.D.'s please
Complete Satisfaction Guaranteed

THE RUFFLED CLAM
P.O. Box 2148 Stuart, Fla. 33494
Fla. residents add 4% sales tax

MINI FURNITURE



...makes it easy to be your own Interior Decorator!

AVOID COSTLY DECORATING MISTAKES. Create miniature settings for every room in your house **before spending a cent** for a piece of furniture, a yard of fabric, a roll of wallpaper, or a bucket of paint. Think how much you can save if you really plan before you buy. Over 150 different furniture combinations for every room. Sofas, chairs, sectionals, tables, chests, beds, piano, fireplace, etc. Decorate furniture pieces, walls, with actual fabric and paint samples. Includes: **3-D miniature furniture of solid styrene. Graph Board, Walls, Windows, Doors, all to exact ½" scale.** Design and instruction book included. Created by Adele E. Behar, ASID Guaranteed. Only **$8.98** (we pay postage).

Plan-It-Kit, Inc. Dept. HG11, Box 429, Westport, Conn.

EASY-LIFT



LIKE A HELPING HAND.

Many people—senior citizens, arthritics and those suffering from Multiple Sclerosis Muscular Dystrophy or Parkinson's disease—need help getting in and out of a chair. The EASY-LIFT power cushion recliner gently lifts you forward as well as up to a semi-standing position. The lifting angle adjusts to fit your needs, controls are easy to reach, and it runs on household current. EASY LIFT—like a helping hand.

WRITE FOR FREE BROCHURE AND NAME OF DEALER NEAREST YOU.

AMERICAN STAIR-GLIDE CORP.
4001 East 138th Street, Dept. HGE-115
Grandview, Missouri 64030

SHOPPING AROUND



AMAZING AIR PLANT

Imported Hawaiian plant grows on air, needs little care. In winter, pink blossoms appear. Folklore says plant brings good health, long life. Guaranteed or free replacement. Three, $2.75; 1, $1.25 add 25c post. all orders. Hawaii House, GE-10, Box 125, Ardsley, NY 10502.



CERAMIC CHESS

Opulent pieces are porcelain with weighted bottoms. Corinthian (shown) or Medieval style. King is 5¾" h. Choose color to oppose white set: gray, dk. brown, black, med. blue, lt. blue, green. Set of 34, $125 ppd. Ceramic Specialities, HG11, Box 633, Berwyn, PA 19312.



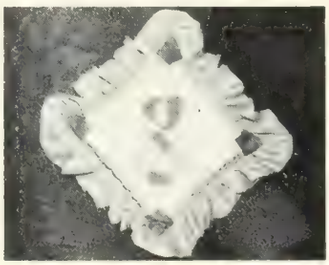
SAUCEPAN STEAMER

French cooks make vegetables taste good and stay nutritious by keeping them above boiling water in a steamer like this. Stainless steel, 5½" dia. at bottom; expandable top opens to 9½". $3.98 plus 50c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



LOG IT

Why lug the logs inside when you can do it in style. A handsome version of canvas log carrier in natural cowhide. Hefty handles riveted for extra strength if toting the maximum four medium size logs. $12.95 plus $1.25 post. Postamatic Co., HG1175, Lafayette Hill, PA 19444.



SUNBONNET SUE

Chubby charmer in a sweet pillow of dotted swiss, gingham and eyelet. Pink, blue, green or yellow and white gingham with 3" ruffles. Washable, zip-off cover. 18" sq. $16 ppd. Other styles and kits, too. Brochure, 25c. Pillow Talk of Arizona, HG11, 2601 E. Brown Rd., Mesa, AZ 85203.



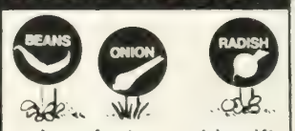
YOUR CHILD'S NAME IN GOLD!

Enchanting Personalized Picture to delight and inspire your child. We gold print child's first name as part of a unique picture painted especially for a little girl or boy. Lovable boys (or girls) surround a message that reads 'God Loves (your child's name.)' Pictures are expertly lithographed in glorious full color on artist's paper measuring a large 16"x20". Ideal gifts for any occasion. Outstanding value. Please specify boy or girl and print child's first name (up to nine letters). Only $3.95 each – (2 for $7; 3 for $9, plus 35¢ each postage and handling).

Chelsea Arts P.O. Box 948-H Long Beach, CA 90801

Garden Markers

EGG PLANT



A perfect reusable gift. Every gardener will love these permanent colorful markers. 3" diameter—6" stake, twelve designs, specify choice.

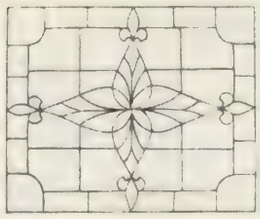
6—$2.75 12—$5.00

Radish	Beets
Onion	Carrots
Beans	Peas
Lettuce	Corn
Cucumber	Squash
Egg Plant	Pumpkin

add 75¢ postage and handling

Garden Markers 2767 Holman Ave. Dayton, Ohio 45439

MEDIEVAL CRAFT



Ordinary window glass or plexiglas can become stained glass with easy kit that doesn't involve melting lead. Kit has glass stain, applicators, lead-like liquid, patterns, instructions. $6.50 ppd. Hearthstone Enterprises, HG95, P.O. Box 13321, Atlanta, GA 30324.

AL, THE MOUSE



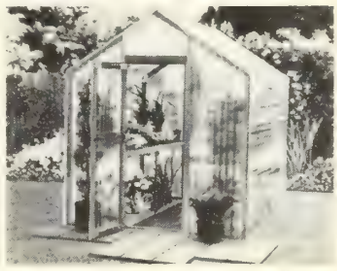
We call him "Al" because of his polished alabaster coat. *Magnifico!* From Italy, our favorite paperweight glows in turquoise blue or jade green. 2¾" h. Each $3.98; a pair, $5.98. Add 50c post. Lillian Vernon, GNE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

COLOR IT LONG



Roll-out coloring "book" for children shows a succession of color-in pictures that tell a story. A full 60′ long! Any number of children can join in the fun at one time. $3.98 plus $1.10 post. House of Minnel, Dept. 5115C, Deerpath Rd., Batavia, IL 60510.

GARDENER'S DREAM



Full-size fiberglass and redwood greenhouse is pre-cut. Has a Dutch door, large screened vents, and is generous 8′ h. All bolted construction for strength and portability. Prices start at $88.95. Free brochure. McGregor Greenhouses, Box 36-11DD, Santa Cruz, CA 95063.

NICE ICE



Something different for icing your drinks. Set of two round ice circle trays, just like those a bartender uses. Flow-through cubes freeze fast. Made of sturdy plastic, each tray makes 12 circles. $1.98 plus 30c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



COUNT COINS FAST!

Sort, count, wrap pennies, nickels, dimes, quarters in seconds. Simply slide coins into 4 channels. Shows the totals as you go. No more fumbling with the wrapper. Real time-saver for merchants, cashiers, clubs, collectors, etc.

COIN TRAY . . . $2.98 + 40¢ Mailing Each

No COD's or Billing *California Residents add 6% Sales Tax*

Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-115
556 Mission, San Francisco, Calif. 94105



WHEN SOMEONE YOU LOVE LOSES A MARRIAGE PARTNER . . .

GIVE THE LOVING GIFT — the book that brings comfort and understanding when it is most needed. **"THE SMILES, THE TEARS"**, by Mildred Johnson, the nationally known lecturer on marriage, gives practical solutions to the problems of those facing life alone. Frankly, candidly, beautifully told — an inspiration to all. Autographed copies available.

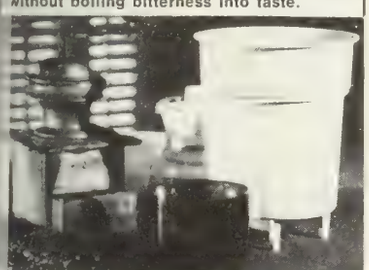
CAROLINA ASSOCIATES
P. O. Box 499, Dept. HG-11
Shawnee Mission, Kansas 66201

$3.95
Plus 25c Postage and Handling

A new way to make great coffee

THE FILTRON COFFEEMAKER

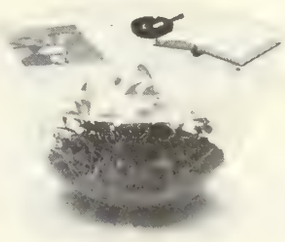
extracting the essence of coffee flavor without boiling bitterness into taste.



The Filtron draws out the true, rich flavor of coffee and eliminates wastes. Not a coffee pot with a filter, the Filtron cold water extractor allows you to simply pour a pound of your favorite coffee into the unit, add cold water and steep overnight. Next morning draw off the essence, delivering 42 ounces of pure coffee extract. Just 2 tablespoons in your cup, add hot water and enjoy coffee as never before
The Filtron Deluxe comes complete with instructions and is yours for only **$26.95** plus $1.75 for shipping and handling. (Filtron Junior pictured, approximately 36 ounces, **$15.95** plus $1.20)

BankAmericard or Master Charge accepted.

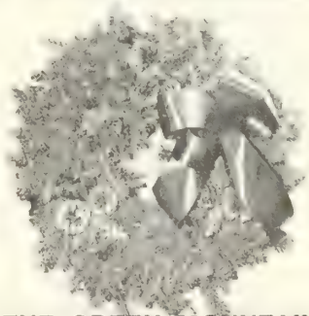
H.A. Hunt Enterprises
P.O. Box 1947, HG New Haven, Ct. 06509



TERRARIUM Coffee Table

Ideal for your favorite collection of growing plants, sea shells, rocks or fish. Made of clear, polished, molded acrylic, table stands 19″ tall. Unbreakable top is 36″ in diameter. Only $180 postage paid. Send check, M.O. or charge to BankAmericard or Master Charge. Guaranteed Christmas delivery on orders received by December 10th.

CURD ENTERPRISES
Dept. A 211 Iroquois St.
Charleston, South Carolina 29406



THE GREEN MOUNTAIN CHRISTMAS WREATH

22″ fragrant balsam boughs richly decorated with natural red holly berries, nut brown cones large red ribbon. $11.50 ppd



PARTRIDGEBERRY BOWL Dark glossy round leaves, white deer-moss, partridgeberry streamers. Will last through the Holiday Season. $8.50 ppd

5″ bowl

FREE! HOLIDAY DECORATING FOLDER

PUTNEY NURSERY, INC.
Box HGC, Putney, Vermont 05346



CANOPY AND SPREAD

Delicate fishnet canopy, hand-tied, double thread, custom-made. Pure or Creamy-white in four traditional designs. Pre-shrunk, Standard tester 87½ x 56½. **$106.50;** Queen-size **$126.50;** King-size **$162.50.** The coveted charm of a by-gone day is faithfully produced by master craftsmen to retain for you the loveliness of a genuine "Honeycomb" heirloom spread. Woven in Creamy-white, or Pine Green, Settlers' Sun, Cabin Rose, Walnut Brown, Colonial Red, Indigo, Delft or Light Blue, Avocado, on white. Double 94 x 112, Single 82 x 112, including fringe, $90.00 Ck. or M.O. Ppd. Satisfaction Guaranteed. Literature, 25c.

VIRGINIA GOODWIN

Dilworth Station, Charlotte, N.C. 28203



GR-R-IND---
SH-SH-SHAKE---
OPEN---
SNATCH!

THE BANDIT BOX

Place a coin in the holder, immediately you hear a grinding of gears . . . the box starts shaking . . . slowly lid rises, a pale green hand reaches out, grabs coin, disappears and "Bang," lid slams shut. Amazing how much money you'll collect. Operates on 2 penlight batteries (not included)

THE BANDIT BOX . . . . . **$6.98 + 60¢ Mailing Each**

No COD's or Billing *California Residents add 6% Sales Tax*

Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-115
556 Mission, San Francisco, Calif. 94105

CEDAR LOG CABIN & FORT

Kids Love 'em Both

Lasts from Generation-to-Generation



FUN FORT

Used Outdoors
ALL WOOD

Sturdy all weather log cabin for junior cowboys or as a dream house for junior misses. Made of long lasting Split Cedar Wood logs with bark. It comes preassembled in 6 sections and can be put together in minutes. CAN ALSO BE USED AS UTILITY SHED AND CABANA 4 x 5 on ground 51" high $52.95
5 x 7 x 61" high $94.95
With shutters and door $142.95
All prices F.O.B. Camden, N. J.

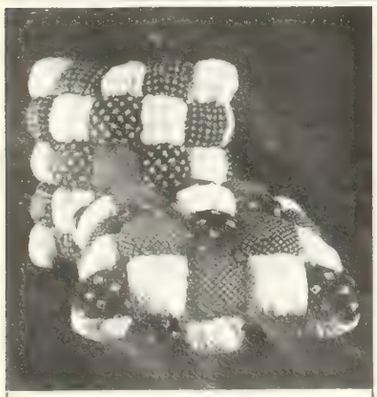
Big 5'x5'x5' ft. high. Weather resistant. Includes block-base frame platform. Ladder and swing-gate. Shipped in preassembled sections. Can be set up in minutes. $54.95

Sizes approximate



Over 248,000 cabins and forts shipped throughout the 50 states. Gifts that last forever—all solid wood—no plastic. They never need painting or staining.

CEDAR PRODUCTS, Dept. HG-2, Box 84, N. Baldwin, N.Y. 11510



Handmade
PATCHWORK PUFF PILLOWS

These patchwork puff pillows are pattern coordinated and dacron filled. The permanent press fabrics are machine washable and dryable.

Available in the following colors:
black/white; brown/white; or green/white.
18" x 18" x 6"

$25.00 plus 90¢ postage and handling (No C.O.D.'s)
R. I. residents please add 5% tax

THE OPULENT OWL
295 Historic South Main Street
Providence, Rhode Island 02906



DANISH STYLE
FULL SIZE LOUNGE CHAIR

European imported solid hardwood frame, walnut finish, with authentic graceful curved legs like one sold in shops for $200. Thick 4" polyurethane foam seat cushion, 22" x 22" x 3". Black back cushion 17" x 22". All one piece. Your choice of cotton fabric in solid colors: Lime, Aqua, Red, Blue, Olive, Tangerine, Black, Brown, Natural. Just cut, two yards of 45" wide fabric. Cushions zipper off, dry washed and reversible.

Send 50c for swatches and complete Danish living room catalog

Shipped unassembled, easily set up in 10 minutes.

ONLY **$34.95**

No C.O.D.'s
shipping charges collect
send check or money order

GENADA IMPORTS
Dept. 11P, P.O. Box 204, Teaneck, N.J. 07666

N.J. Residents add 5% tax

SHOPPING AROUND



SANTA'S HELPERS

Miniature Christmas stockings of quilted cotton hold jewelry, money and other small surprise gifts. Pretty to hang on tree or place underneath. 6½" long. Assorted designs: checks, patchwork, paisley. Six in gift pack $5.95 ppd. Elizabeth McCaffrey, HG11, Northport, NY 11768.



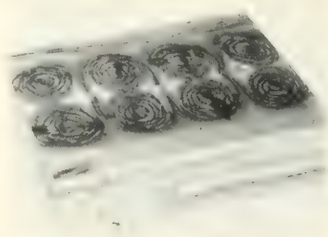
GIRL'S BEST FRIEND

Virtually replacing the diamond for those top honors is the Kenya gem, which is cut just like a diamond and sparkles the same. Only an expert knows for sure! Just $45 per carat. Free brochure of sizes, settings from Kenya, HG11, 1760 No. Howard St., Philadelphia, PA 19122.



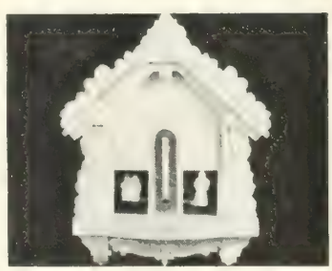
QUEEN ANNE CHERRY

Elegant lowboy with all parts pre-cut, pre-shaped and presanded is ready to assemble. Solid Pennsylvania cherry is kiln-dried. 30" by 32" by 17" high. $99.50 exp. coll. Also available assembled and finished. Free catalogue. Emperor Clock Co., Dept. QA, Fairhope, AL 36532.



BOX BONANZA

Decorative box pattern is of cross-cut olivewood slices set in solid olivewood frame. 4" by 6" by 1½". $8.50 ppd. One of a huge selection including ivory, brass, onyx, bone, tortoise. Catalogue 50c. Ornamental Boxes, HG11, 11789 W. Pico Blvd., Los Angeles, CA 90064.

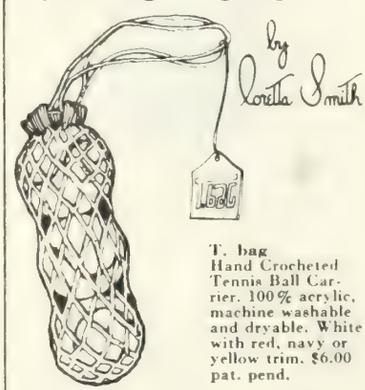


WEATHER WISE

When fair weather is in store the children come out, for rain or snow it's the old witch. The chalet they live in is of marble-look plastic. Thermometer, too. 5¾" by 4½" by 1½". $1.98 plus 25c post. Order #142. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.

tennisware

by Loretta Smith



T. bag
Hand Crocheted Tennis Ball Carrier. 100% acrylic, machine washable and dryable. White with red, navy or yellow trim. $6.00 pat. pend.

Enclose check or money order, Master Charge—BankAmericard. Mass residents please add 3% tax. Send $.50 for brochure.

...a loretta inc.

Star Route Box 50HG11 Worthington, Ma. 01098

YOUR CHILD'S NAME



TRUE MEANING OF NAME
With Poem In A Frame

A unique, personal gift! Tender, heart-warming poem gives **TRUE MEANING** of your child's name. Blue design for boys, pink for girls. Framed under glass in an 8" x 10" white frame with hanger. Perfect for child's room or nursery. If nickname desired, state given name too. Limit number of letters to nine.

$6.25 each

Add $1.00 for postage and handling.

PERSONALIZED CHILDREN'S POEMS
Dept. G115 Garnet Lake Road
Johnsburg, New York 12843

SHOPPING AROUND

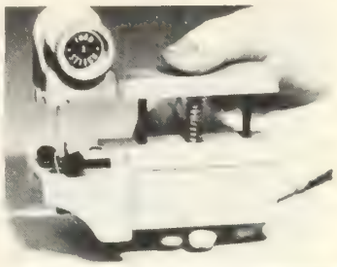
GULL FRIENDS

White seagulls wheel in graceful flight on Aegean blue glasses. Tip-proof heavy keel, 11 oz. for cocktails by pool or fireplace. Set of six, $11.95 plus $1.50 post. Catalogue, 50c. Ship's Wheel, HGK5, Nottingham Sq. Rd., Epping, NH 03042.



SPEED SEWING

Dexter hand machine can baste, tack, zigzag, sew on buttons and zippers. Blind-stitches hem you're wearing. Does draperies and curtains while they're hanging. With needle threader, booklet. $6.98 plus 60c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



HANDWOVEN WICKER

Twinkly marble-eyed frog with big mouth is glad to swallow paper, laundry, needlework or toys. 19" h. by 16" w. $14.95 plus $2 post. Painted white, blue, pink, green, orange, yellow, black $1 extra. Catalogue 25c. Fran's Basket House, HG11, Route 10, Succasunna, NJ 07876.



NO EVIDENCE

Rust disappears without a trace from colorfast fabrics, porcelain sinks and toilet bowls with a remover that needs no rubbing or scrubbing. Terrific on tarnish, too. $1.98 plus 20c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



AGELESS ANGELS

This year's tree can have a Renaissance mood with classic angel ornaments from Italy modeled after cherubs seen in artworks. Hand-painted collection from 2¼" to 2¾" l. Unbreakable, a set of six is $5.98 plus 40c post. Lillian Vernon, GNE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



Grow Your Own

Leaf of Life

Amazing! Mystical!

The Leaf of Life is so amazing the Yogis of India believe that these mystical leaves possess the Secret of Life

Wherever a leaf falls, a new plant starts to grow on air, water, or soil.

Yes, the Leaf of Life can start to grow on air alone. New plants grow from the edges of each leaf

After it starts, put the leaf in a pot. The bigger the pot, the bigger the plant will grow — from one to six feet tall. You can have the size you want and it grows in sun or shade.

It blossoms with fragrant pink & lime bell-like flowers that look like jeweled, oriental lanterns.

The Leaf of Life makes a thoughtful gift, symbolic of wishing your friends a long life and happiness.

It comes with complete instructions and is easy to grow

Three Leaves of Life for $1.00 Nine for $2.50

Please add 25c for handling and postage

ROBERTA'S Dept HA-1

P. O. Box 3000, Shelbyville, Ind. 46176

Box 2221, Walkerville, P. O., Windsor, Ont. Canada



The Talbots

Your Own Wrap

Wrap yourself in our sumptuous robe of fleecy brushed Arnel/nylon. Beautifully made with notched collar and single patch pocket, it's piped in white satin with monogram to match. Indigo or peach. Sizes 8-16. $33.00. Monogram (please underline last initial). $3.00. Add $1.50 for postage.

Send for our new free color catalog.

THE TALBOTS
DEPT. NW, HINGHAM, MASS. 02043
Duxbury, Lenox, Mass.: Avon, Hamden, Conn.



EMBROIDERIES

GULLS BEFORE THE MAST. Two sparkling white seagulls with gold and cocoa accents. Easy to embroider square rigger on huge 27 x 37" oatmeal linen sky. #4350. $52.95 + $1.50 post. Send $1 for color embroidery catalog of exquisite Swedish designs.

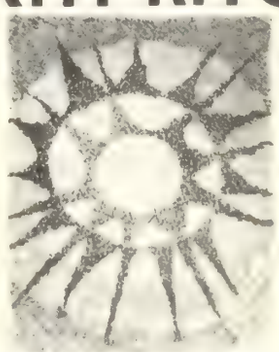
skön EMBROIDERIES
55 Lambert Lane
New Rochelle, N.Y.
10804 Dept. GE11



RYA KITS

NEW RYA COLLECTION. One simple stitch makes these pre-started wool rya wallhanging, rugs or cushions. Kits imported from Sweden feature lustrous rug wools, easy to follow color charts and English instructions. Send $1 for new color catalog of award winning designs.

skön CRAFT
New Rochelle, N.Y.
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"LEVEL ONE"

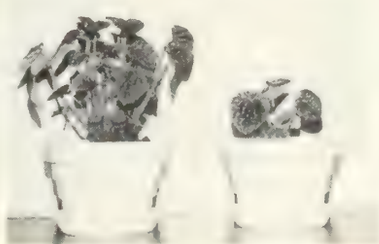
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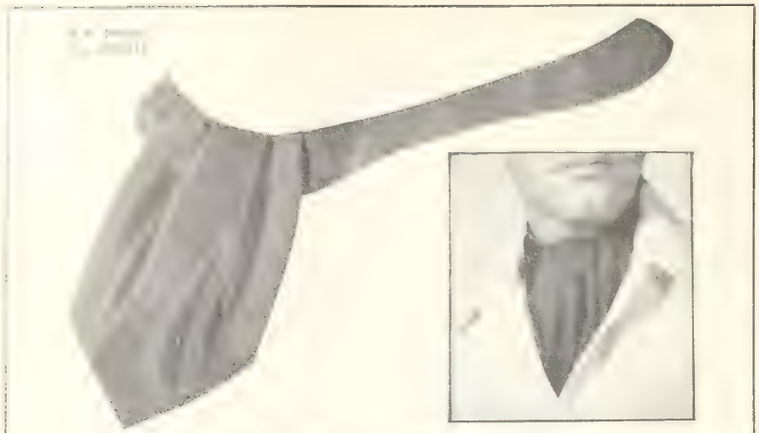
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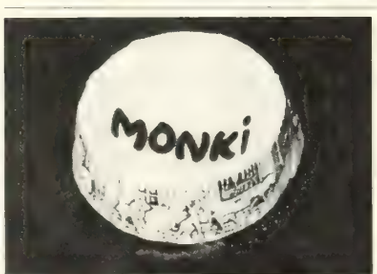
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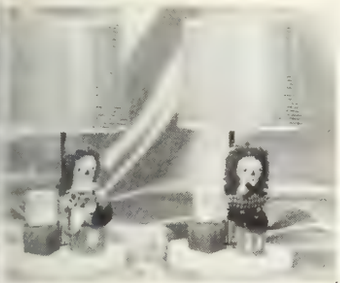
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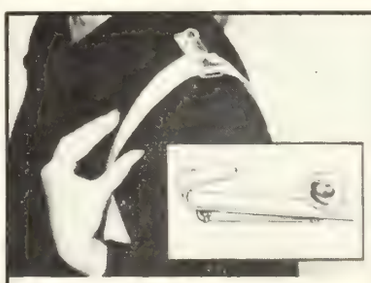
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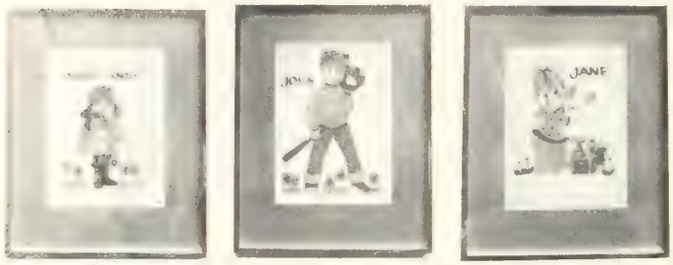
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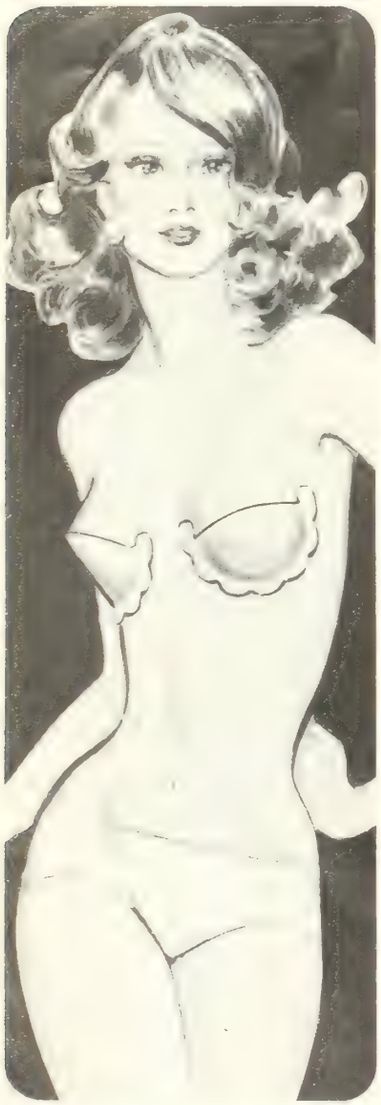
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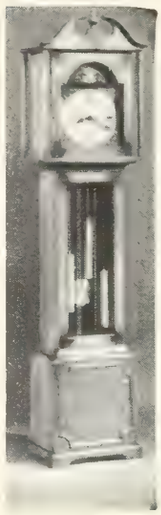
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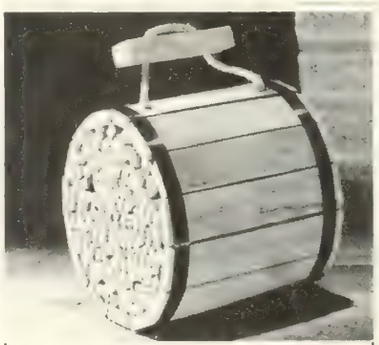
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$6.50 plus $1.75 postage

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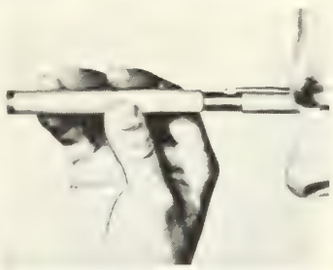
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This Year's great new Decorating "Trend"

Handcrafted 3-Dimensional Metal Sculptures

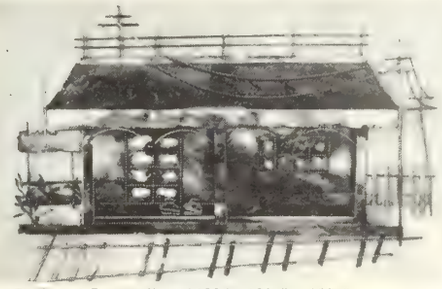
Electroplated with beautiful Copper, then antiqued and color brushed by hand.



"Fisherman's Wharf" (#16020) 14" x 22"



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THE TIERED CORNER SHELF

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SHEET SETS (2 straight sheets, 2 cases)

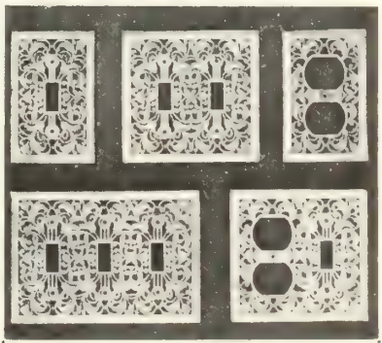
Double Set	$23.98	Queen Set	$27.95
Twin Set	22.98	King Set	32.50
Round 84" Set	48.50	Round 96" Set	54.95

3-letter monogram on 2 cases—$2.50

For fitted bottom sheet, add $2.00 to double or twin price; $2.50 to queen; $3.00 to king price. Round bottom sheets *are* fitted. Send check or m.o. 50% deposit on C.O.D.'s.

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52-piece service for 8 $39.95

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Complementary cousins. Half of the gift box is devoted to the famous Royal Riviera pears, half to a mix of red and golden apples. Available for delivery between November 10th and January 25th to the connecting 48 states and Hawaii. Gift #25. $10.95 ppd. Write for free Christmas catalogue. Harry and David, Box 501-V, Medford, OR 97501.



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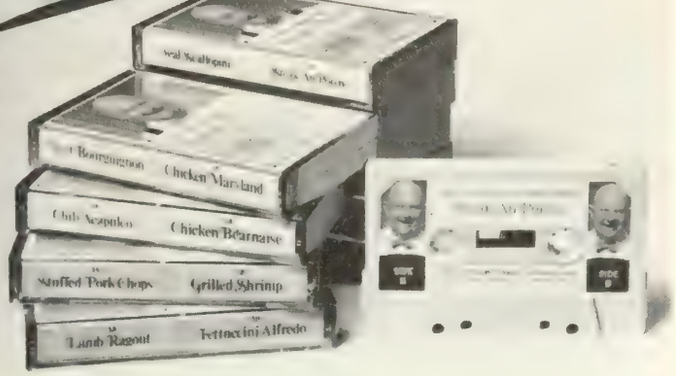


RIO GRANDE
Luscious red grapefruit from Texas' Rio Grande Valley. The ultimate in quality and ambrosial goodness. Carefully selected and packed. Juicy oranges are included if specified. Fruit guaranteed. Great choice for fruit lovers. Half bushel, $9.20; bushel, $13.55 Ppd. Order now, pay invoice Jan. '76. Pittman & Davis, Inc., 825 N. Exp., Harlingen, TX 78550.



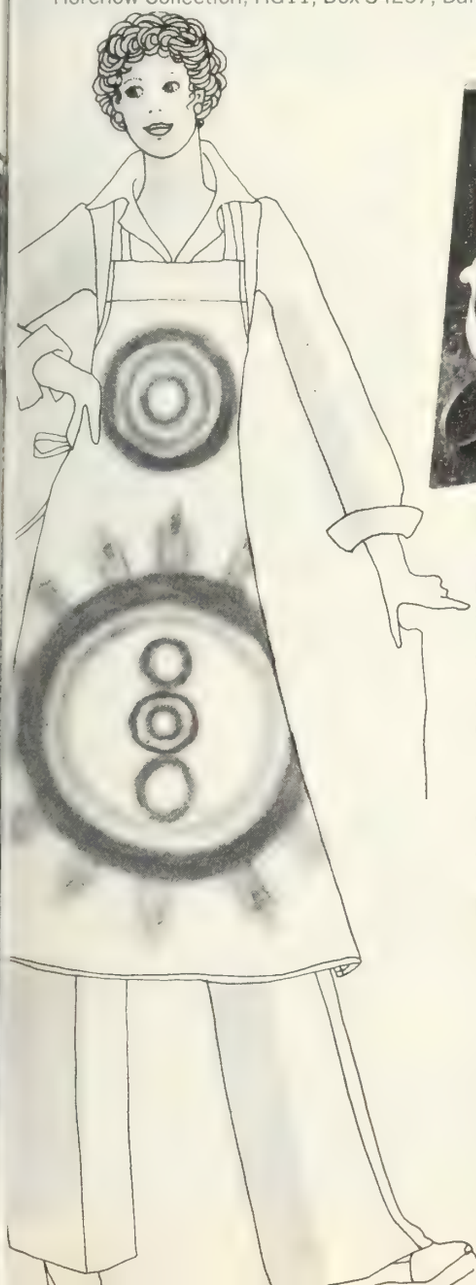
CHOICE GIFTS

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ROASTED SALTED ALMONDS

GREAT GIFT IDEA FROM THE ALMOND PEOPLE IN CALIFORNIA!
Send these crisp, crunchy almonds and you'll never hear the end of the compliments. They make a wonderful snack by themselves . . . and they're terrific with cocktails. The handsome gift box opens to reveal a colorful six tin selection of six different kinds of almonds—Smokehouse,* Roasted Salted, Barbecue, Cheese, Blanched Salted and Onion Garlic

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Send order with your name, address, check or money order to Dept. 5441, California Almond Growers Exchange, P.O. Box 1768, Sacramento, California 95808

"Your product is terrific and your service is unbelievably good!!!"

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Mini-Blue Speckleware

Add nostalgic detail to your dollhouse kitchen. Handcrafted of hardwood with safe non-toxic finish in the familiar blue speckle pattern. Nine piece set includes two pots and covers, ladle, fry pan, bowl and platter. For the discriminating collector. 1¾" to 2¼".

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COFFEE & BEIGNET MIX



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PECAN

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RUM BALL BASKET

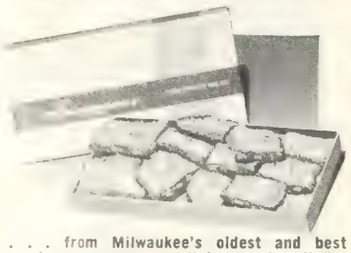
10 RUM BALLS PER BASKET



. . . a marvelous taste and smell from the Caribbean. Basket is hand made, decorated with local sea shells. **$4.95 plus $1.50 postage.**

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. . . from Milwaukee's oldest and best candy company . . . Heinemann's. Under the same family ownership for over 50 years.

This superb product is coated with the most exotic Chocolate and toasted, chopped Almonds. The inside is an incredibly tasty and delectable Butter Crunch, made with Butter from Wisconsin's Premium dairy herds, plus choice toasted Almonds and pure cane sugar. No substitutes.

$4.95 per 20-oz. box (includes shipping). Add 50¢ per box for Canada. Check or M.O. only. Send list of recipients and addresses to HEINEMANN'S, 730 N. Milwaukee St., Milwaukee, Wi. 53202

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Heinemann's OF MILWAUKEE

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Deep South Pecans are selected from the best of [illegible] hand picked, our pecans are the meatiest, freshest and [illegible] and we guarantee that. Order today for your own enjoyment or **gift mailed** with your personal greetings.



½ Peck of pecans in the shell packed in an old-fashioned [illegible] basket

½ Peck paper shell
Schleys $8.95
Case of six ½ Peck baskets $49.95

Mammoth shelled halves packed in a red and gold florentine gift box



2 lb. Gift box . . . . . $ 7.95
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C.G. Caldwell, Deep South Pecans
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Helena, Georgia 31037

Prices are postpaid West of the Mississippi add 50¢ per basket (20¢ per box).

For charges include card no. and expiration date (For Master Charge also include four-digit Interbank No.)



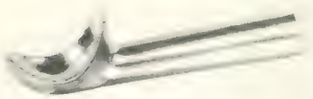
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The ANTI-STICK scoop that dishes out ice cream easier, faster and cleaner. The handle is filled with self-defrosting liquid to keep the scoop from freezing. All the metal stays clean, gives attractive uniform scoops. Cuts the effort of scooping . . . makes it a joy to use. Guaranteed satisfaction. Each **$1.95** plus 65¢ shipping; 2 for **$3.75** plus 80¢ shpg; 3 for **$5.50** plus $1.00 shpg.

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Bayou Country Treats from Trappey's



Please the most perceptive palate with a gift of Trappey's Creole delicacies, an epicure's adventure in the finest tradition of the Bayou Country.

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- Green Devil Peppers
- Chef-Magic Kitchen Seasoning
- Sauce Remoulade
- Mexi-Pep
- Steak Sauce
- Barbecue Sauce
- Worcestershire Sauce
- Indi-Pep

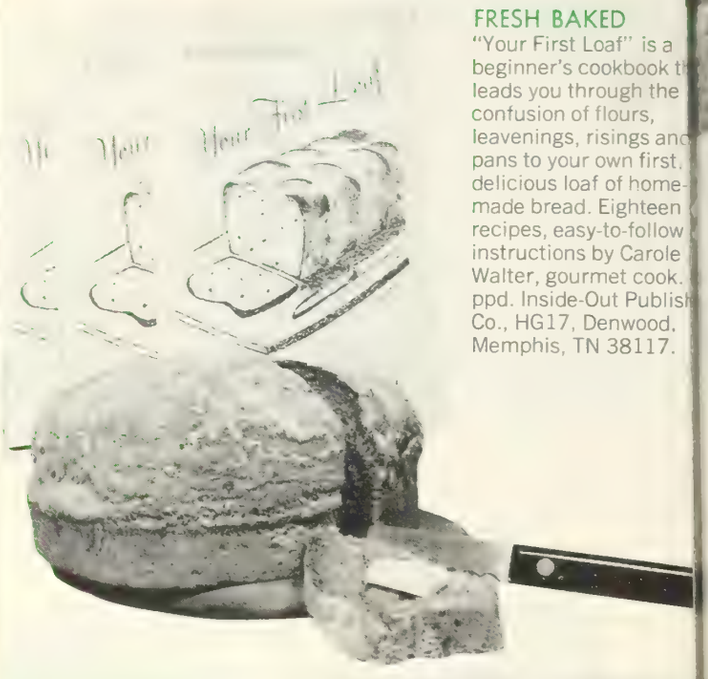
Assortment No. 2–$8.80
- Green Tabasco Peppers
- Chef-Magic Kitchen Seasoning
- Sauce Remoulade
- Trappey's Pepper Sauce
- Spice-Up Table Seasoning
- Worcestershire Sauce
- Hot Pickled Okra
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- Torrido Peppers
- Dulcito Peppers

Gift package price includes shipment in Mainland U.S.A.

Substitutions made of equal or greater value. Enclose personal card if you wish it sent with gift.

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SHOPPING AROUND FOR FINE FARE



FRESH BAKED

"Your First Loaf" is a beginner's cookbook that leads you through the confusion of flours, leavenings, risings and pans to your own first, delicious loaf of home-made bread. Eighteen recipes, easy-to-follow instructions by Carole Walter, gourmet cook. ppd. Inside-Out Publishing Co., HG17, Denwood, Memphis, TN 38117.

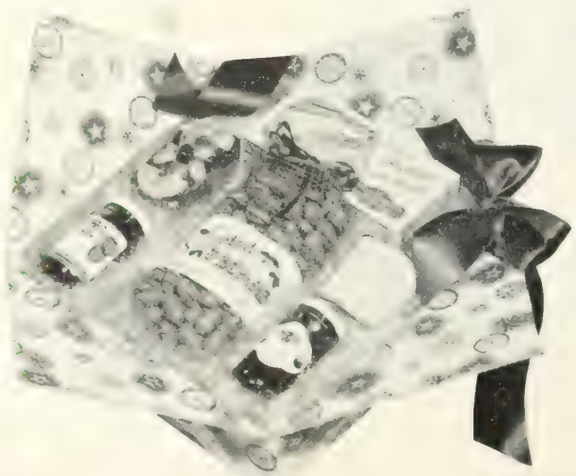
GREAT IMPORT

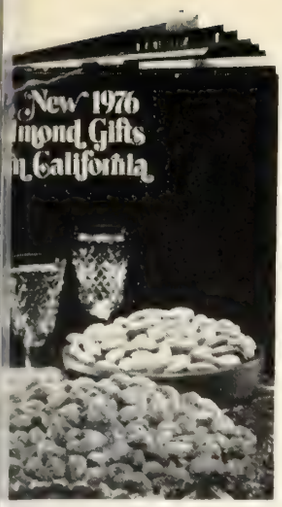
Tilsit from Austria. A gourmet's delight. Mild, creamy all-purpose cheese perfect accompaniment to white wine. Made with part skim milk to please the diet-conscious. Gift packed, card enclosed. Shipped anywhere in U.S.A. Two lb. wheel, $8.29 ppd. Free catalogue. Danny's Cheese Shops, HG11, Moger Ave., Mt. Kisco, NY 10549.



CREOLE SPECIALTIES

Great taste-tempting assortment gift packaged includes 3-lb. sack large softshell pecans, 12-oz. jars "Figue de la Louisiane" and "Fraise de la Louisiane" (preserved whole Celeste figs and strawberries) 12-oz. tin "Sirop Plantage" (Louisiana open kettle syrup), fruit-filled 1-lb. Creole Fruitcake, box of "Pralines d'Orleans." $18.95 ppd. Creole Delicacies, Inc., HG11, 533 St. Ann St., New Orleans, LA 70116.





Everyone on your Christmas list will welcome a gift of fine California almonds. Colorfully packaged selections, every kind of almond treat. Free catalogue with gift order forms. California Almond Growers Exchange, Dept. 5441, Box 1768, Sacramento, CA 95808.

DELUXE FRUITCAKE

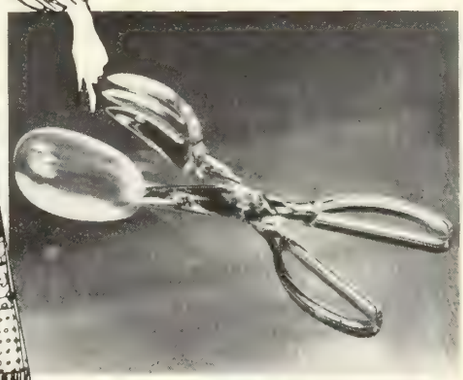
Since 1896 Collin Street Bakery has been famous for its special fruitcake filled with juciest imported fruits, rich Texas pecans. Winner of New York Gourmet Society Award for Excellence. Gift packed. 2 lb., $5.95; 3 lb., $8.35; 5 lb., $13.45 Ppd. Collin Street Bakery, Box 125, Corsicana, TX 75110.





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It's an instant success for the hostess in a "Pam" apron in a cotton patchwork print. Full wraparound ties up front, becomes a complete outfit with a body stocking. One size adjusts to fit all. Brown, red or blue patchwork. $9.95 plus 90c post. Sofwear Designs, HG11, 1711 Main, Houston, TX 77002.



AT YOUR SERVICE

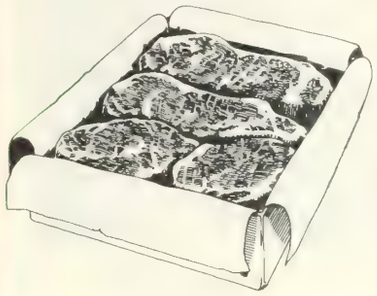
The easy way to serve salads is with handy lightweight scissor-type tongs of sparkling clear acrylic. Easy to separate for dual use as a serving spoon or fork. Sturdy, well-made, 11¼" l. $2.49 plus 50c post. Three for $7 plus $1 post. Pehls, HG11, Brooklandville, MD 21022.

For *Very* Special People!

U.S. PRIME GOLDEN TROPHY STEAKS™ BY BRUSS

When you want your gifts to say "You are someone special", send Golden Trophy Steaks™ by Bruss.

All Golden Trophy Steaks™ are specially selected, naturally aged, expertly trimmed and fully guaranteed. The Bruss Company, suppliers to exclusive clubs and restaurants for more than 25 years, makes it easy for you to tell your friends and associates that they are "someone special."



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Free upon request. Color Catalog offering 35 different gift selections.

How to Order: Send your check to the Bruss Company, Dept. HG105, 3548 North Kostner Ave. Chicago, Illinois 60641. You may use BankAmericard or Master Charge. Please indicate credit card number and expiration date. Master Charge must include Interbank number.

Indicate the Plan # selected for each shipment. State approximate date you wish orders to arrive (Please allow 2 weeks).

Please add $7.00 for shipments west of Rocky Mountains, $4.00 for shipments to Florida to cover additional costs for Air Freight. Shipments to Illinois by Illinois residents add 5% sales tax.

Call "Toll Free" (800) 621-6638 if you have any questions or desire to place your orders by telephone. Illinois residents call collect (312) 282-2900.

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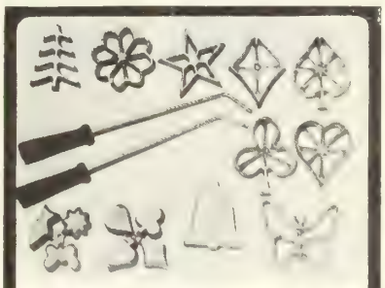


$2.50 each plus 95¢ post. & handling

$9.00 set/4 plus 1.45 post. & handling.

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Phila., Pa. 19154



Make Rosettes!

(Festive Scandinavian Cookies)

Patterned irons, fitted to handles, are dipped from batter to fryer to make a crispy, thin delicacy which is sprinkled with powdered sugar. Easy to do, lots of fun, delightful to eat. Boxed set: 9 lg. 3" aluminum molds, 8 small molds, 2 heatproof handles, recipes and instructions. Complete set, only **$9.95** + 85¢ post.

NEW 96 PG. COLOR CATALOG 25c

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$35.00

Original **OIL PAINTINGS**

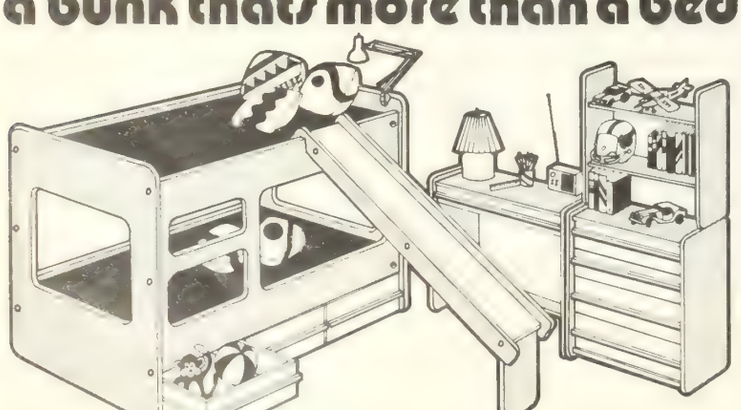
Creative original oil painting of The Wide Eyed Girl available in contrasting white with backgrounds in either black, blue, red, orange, green or yellow. Clown in vivid, vibrant colors. Ideal gift for home or office. Select a painting of your choice, hang it, if you are not completely satisfied return it in 10 days and your money will be refunded. All paintings in super size 24" x 30". We pay postage, ship gifts direct, within 24 hours, and mail on your requested date. Send check or Master Charge, Bank Americard, American Express, include Acct Number and Expiration Date

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$65.00

a bunk that's more than a bed



it's playspace by Sawhill

Sawhill makes this twin-size, rock-solid bunk with holes for crawling, climbing, for puppet stages or spaceship windows. A slide for rainy-day fun. Drawers to stow toys in. Desks, chests and shelves to match. All of tough plastic laminate in bright colors. Edges have white vinyl bumpers and safe rounded corners. Sophisticated design makes **PLAYSPACE** right for adults, too, in condominiums or vacation houses.

Send $1 for Playspace color catalogue to Sawhill, Dept. HG, 89 South 10th Street, Minneapolis, Minnesota 55403.

SHOPPING AROUND



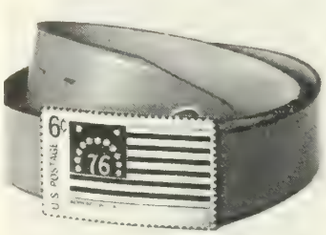
SHOW BOW

Hand-crafted Windsor chair with bow back is an authentic copy of an antique: oak bows, ash and oak spindles, pine scoop-saddle seat. Antique satin pine finish. Side chair, $105; arm chair, $155. Exp. charges coll. Jenifer House, HG115, Great Barrington, MA 01230.



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Glove-soft genuine leather shoe with elastic gored vamp, has cushioned insole, 1⅝" heel. Navy, red, chocolate brown or black medium width; full and half sizes 5 to 10. $15 plus $1 post. Old Pueblo Traders, 610 So. Country Club, HNK, Tucson, AZ 85716.



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Belt features a pewter buckle with 1777 Bennington flag commemorating a colonial victory at Bennington, Vt. Buckle only, $4.98; his belt in tan, 34-40, $7.98; hers, in tan, red, black, 22-32, $6.98. Add 50c post. Lillian Vernon, GNE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



MARKED CARDS

Deck of tricksters has tapered edges for such touch selection. A variation in back design lets you distinguish any card held by opponents. Instructions plus 21 tricks. $2.98 plus 20c post. Order #161. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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Patented gravity grate in black iron helps wood last longer and eliminates need to poke fire all the time. 24" w., 18" d., 6" h. Permits air to reach logs, gives embers, forces logs to roll back as they burn. $19.95 plus $3 post. Yield House, G511X, N. Conway, NH 03860.

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Measuring 7¾" x 12¼" with Paterna Persian, Captures the Free Spirit of a Wild Stallion.



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Silver Shoestring
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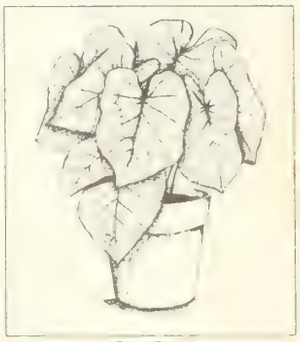
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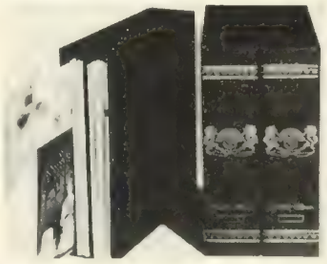
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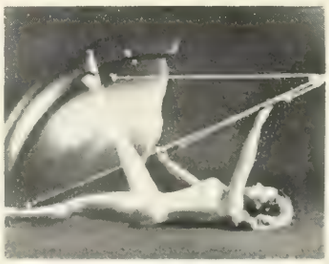


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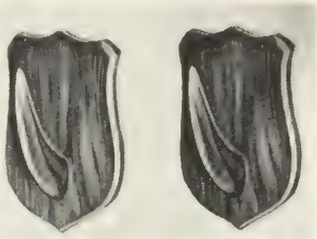
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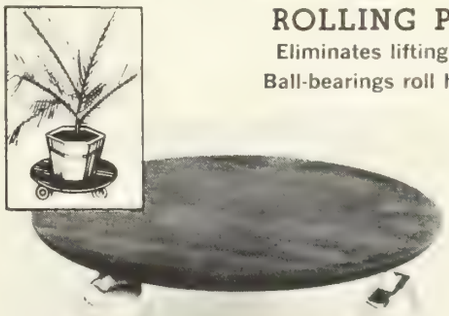
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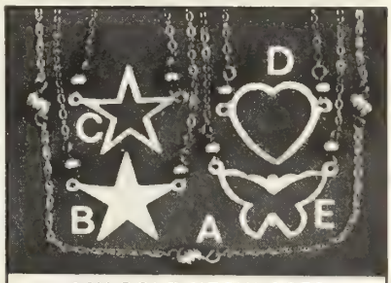
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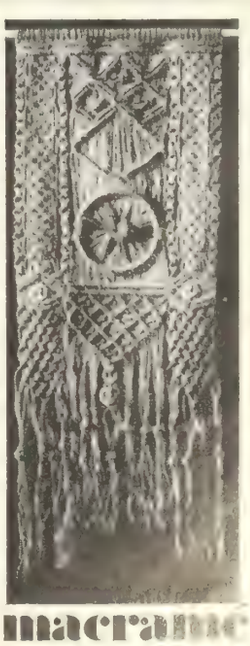
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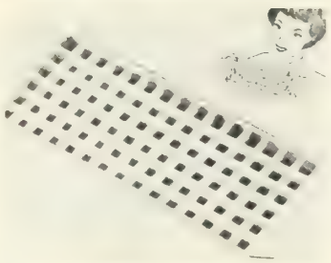
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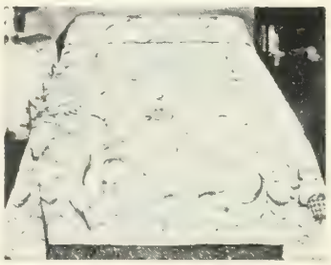
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Bonnie Sue Gifts
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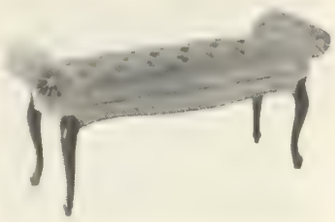
TENNIS TREE

Handsome birch and fir organizer for tennis equipment has pegs and boxes to hold four rackets, two cans of balls, accessories. 32″ h., 12″ w. Ready to finish, $19; with walnut staining, $23.50. Add $1.50 post. The Woodshed, HG11, 4187 Northeast Expwy., Atlanta, GA 30340.



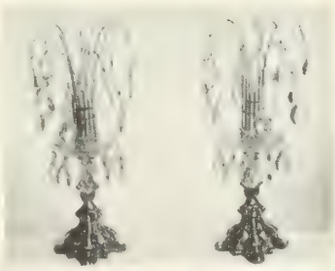
ELEGANT "EMPRESS

Tufted seat and arms, French-style legs on 40″ bench. Cotton velvet upholstery, as shown, is $71. Or send 2 yards 54″ fabric $65. Exp. coll. Other fabrics in furniture catalogue (with free swatches request form) $2. Hunt Galleries, HG7511, Box 2324, Hickory, NC 28601.



GLEAMING CRYSTAL

Crystal lamp sets with imported hand-cut crystal prisms combined with intricate Rogers gold-plated castings. Cast radiant rays for special lighting effect. 17½″ h., 9″ w. Pair, $39.95. Ship. coll. Catalogue, 25c. Luigi Crystal, HG11, 7332 Frankford Ave., Philadelphia, PA 19136.



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Exercise suit works like a steam bath while you walk: it retains body heat, so excess moisture and pounds can "melt" away. For men or women; one size fits all; lightweight. $5.95 plus 50c post. S & S Enterprises, HG5, 9531 Zion Circle, Huntington Beach, CA 92646.



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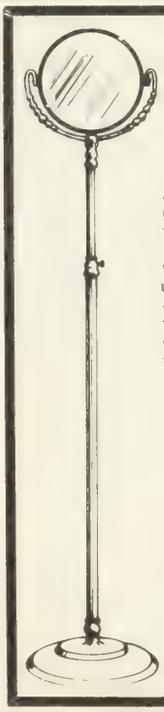
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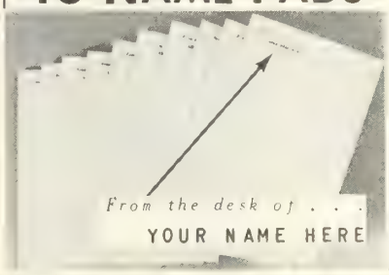
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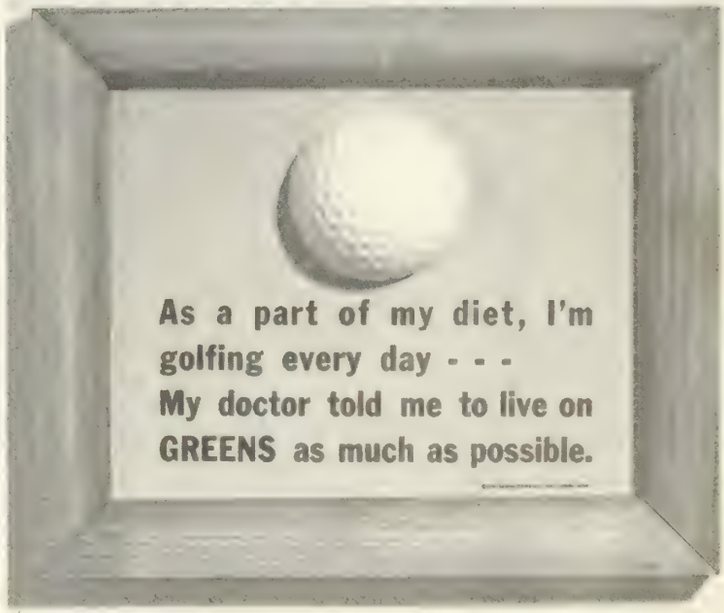
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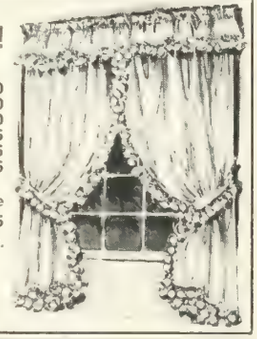
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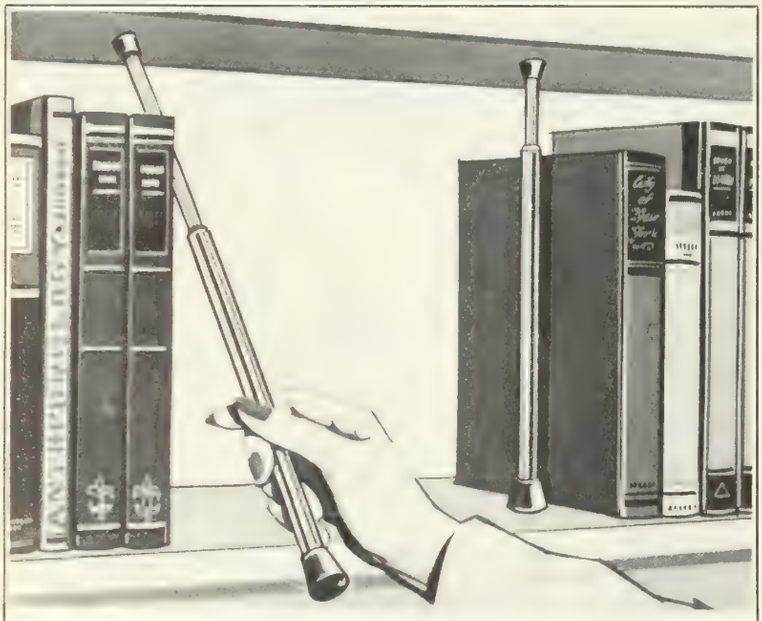
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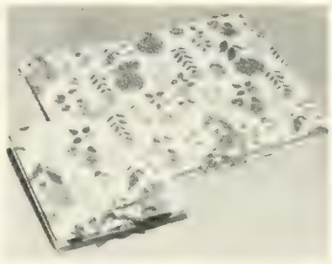
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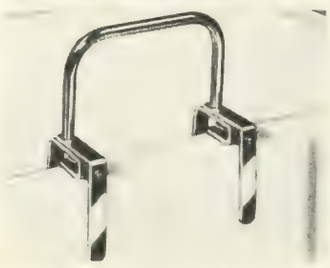
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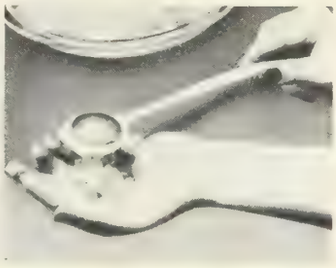
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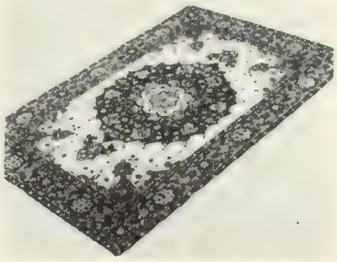
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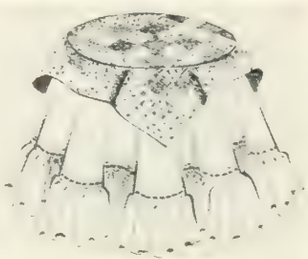
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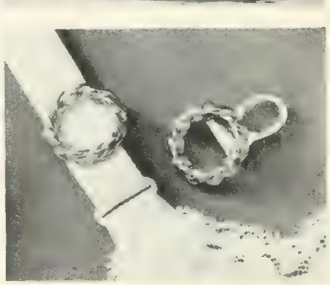
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Unbleached muslin tablecloth with ecru lace insert with top cloth of patchwork prints, hand pieced of old-fashioned prints fully lined with muslin. 70" sq. top, $48.; 90" dia. bottom, $25.; 96", $28.; 104", $35. Add $1.75 post. Country Curtains, HG113, Stockbridge, MA 01262.



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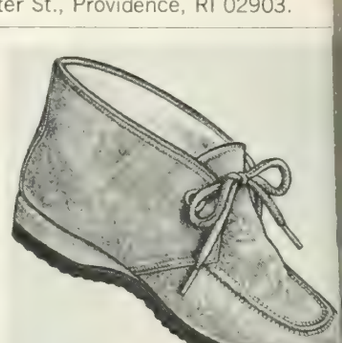
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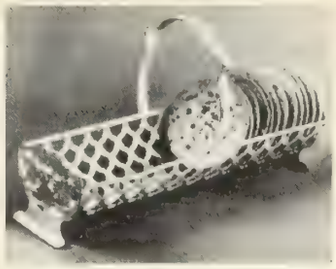


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"DORRIE" — Luxurious, fleece-lin boots by Daniel Green. Supple sue with bouncy crepe soles. Suede c ered 1 inch wedge heels. In Da Brown, Tan or Denim Blue. $14.9 Sizes: Narrow, 5½ through 11, M dium, 4 through 11. No wide widt No half sizes over 10. $1.00 extra p pair for sizes over 10. Add 90¢ po age for each pair ordered. Refund not delighted. Free catalog. Write SOFWEAR SHOES, Dept. DR, 1711 Main, Houston, Texas 77002.

SHOPPING AROUND

CRACKER STACKER

Perfect party helper is a silver-plate server for crackers and cookies in a lattice-work pattern. Tarnish-resistant server has flower-and-leaves design at ends. A generous 8½″ l. Each $5.98; two, $10.98. Add 95c post. The Ferry House, Inc., HG756 Briarcliff Manor, NY 10510.



JIFFY PARKER

Parallel parking dial can end the guesswork and help avoid bent fenders, frayed nerves. Fits any type of car, makes it easy to park perfectly on the first try, every time. $2.98 plus 25c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



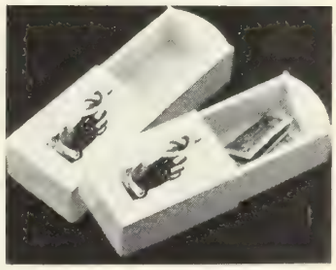
GOLF PARTNER

Engraved stainless steel divot fork and groove cleaner hangs from keychain or golfbag. Fork's to lift and level divots, clean cleats and balls. Five nubs scrape iron's grooves. State two or three initials. $5 ppd. Elgin Engraving Co., HG11, 944 Edwards Ave., Dundee, IL 60118.



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Valuables are safe from prying eyes and fingers in the "Burglar Box". Secret mechanism is known only to owner; baffles all others. White plastic box is 5″ by 3″ by 2″. Made in Germany. $7.50 plus 50c post. Lillian Vernon, GNE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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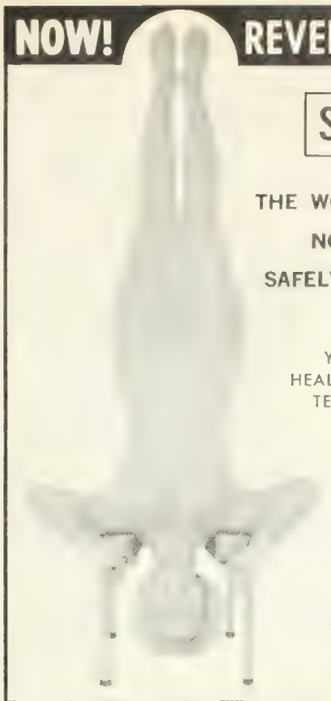
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Pocket magnifier has two lenses for close-up work—four-power or eight-power magnification! Ideal for seeing small type, splinters, stamps. Lenses fold into protective case. $3.98 plus 20c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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PET'S OASIS

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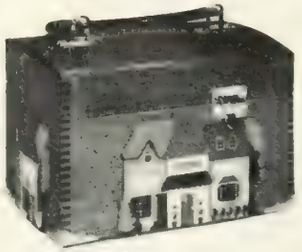
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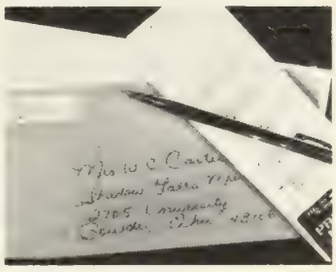
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A lovely woven tapestry from Europe in rich pastel shades of green, gold, blue, crimson. Fine cotton that doesn't fade. 20" by 20". For frame, pillow or upholstery. $8.50 plus $1 post. Catalogue, $1. Lovelia Enterprises, Inc., HG11, Box 1845, Grand Central Sta., N.Y., NY 10017.



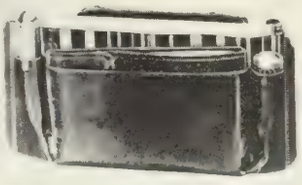
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Michael

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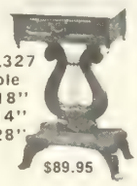


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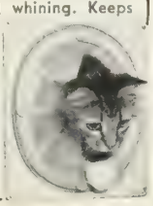


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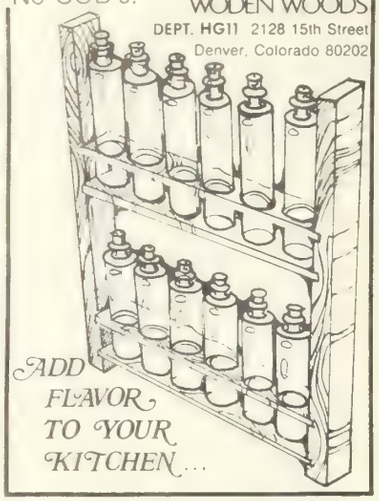
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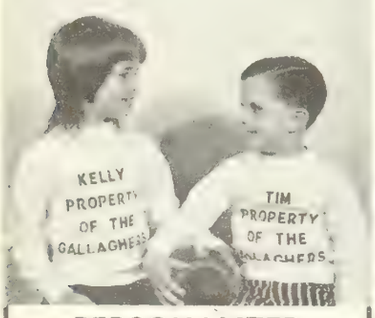
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SKI COUNTRY IN COLORADO



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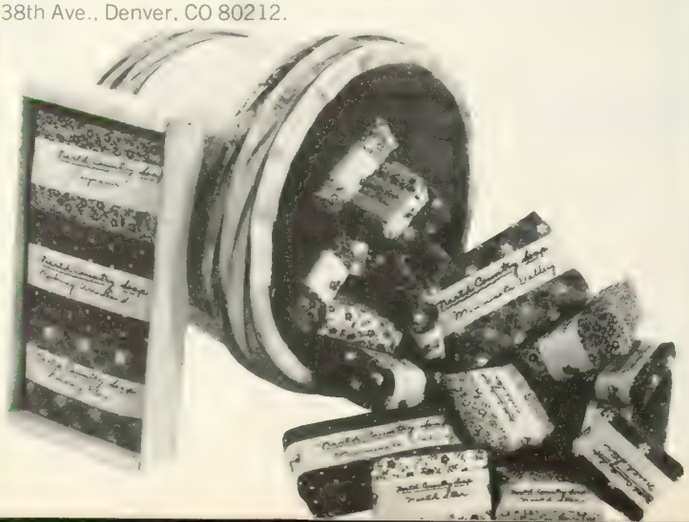


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IN BRIEF

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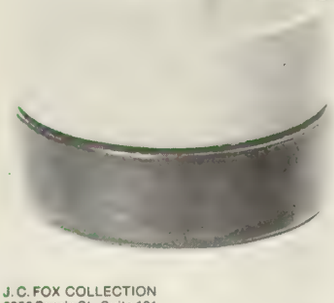




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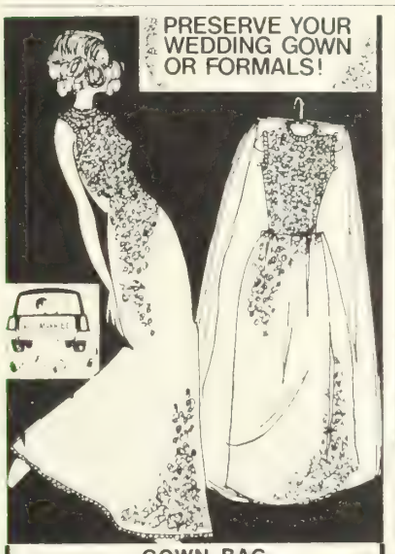
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You've never seen ash trays like these before. Dsigned in break-resistant ceramic for function as well as beauty. Smoking material won't roll out to burn your furniture. And this uniquely patented ash tray has a snuffing device that lets you extinguish cigarettes instantly. This ash tray says a lot about your taste, whether you smoke or not.



J. C. FOX COLLECTION
3350 Peoria St., Suite 101
Aurora, Colorado 80010
☐ I enclose $5.95 for each ash tray.
☐ I enclose $21.00 for each set of four ash trays.
Please send me the following colors:
Vanilla Hot Fudge Bittersweet Orange Sun Yellow
Quantity: _____
Please include my complimentary "snuf-it" for my car ash tray with each set of 4 ash trays I order. ☐
Name _____
Address _____
City _____, State _____, Zip _____
TOTAL AMT
ENCLOSED $ _____
Please send check or money order. Pats. Off.



GOWN BAG

Preserve a memory by putting your wedding gown or formal away in dustproof storage bag. A full 66" long, 24" wide with 4" expanding brushed silk sides to hold two garments or bouffant skirt without crushing. See-thru bag provides protection, saves costly cleaning bills. $4.99 plus 50¢ hdlg.

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Holiday Gifts
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SOLID OAK BUNCHING TABLE



Use one for snacks, two together or three for parties. Alone or in groups, these handsome tables are contemporary and versatile. Hand finished naturally stained oak with heat and stain proof simulated black slate tops. 18" x 18" x 15"h., $39.95 + $5 shipping. Dept. HG11. BankAmericard or Master Charge. Send no., exp. date & signature.

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FREE Quilt Patterns

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If you like quilts, this monthly magazine will delight you. Devoted entirely to quilt making and pattern collecting. Profusely illustrated with new and old quilts—designer's originals, show winners, museum quilts. Full of interesting, helpful features for both beginners and experienced quilters.

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Name _____
Address _____
City _____ State _____ Zip _____

Endangered Species Pendants

Grizzly Bears
Bighorn Rams
Pelicans & Otters

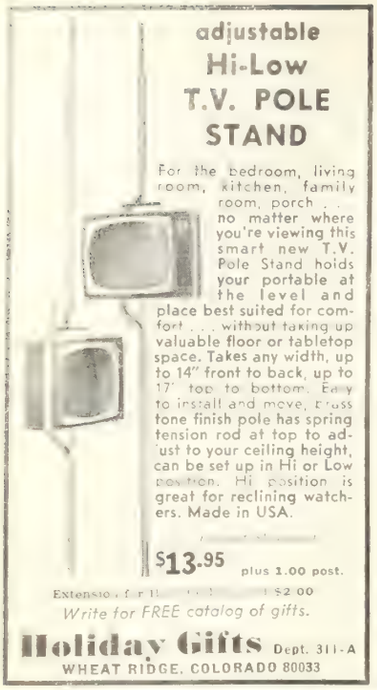
Adorn yourself or someone special in one of these beautifully-molded sterling silver pendants depicting your choice of 6 endangered species. The animal figure is mounted on a 1½" disc of polished black onyx suspended from a 24" sterling rope chain. Choose grizzly bear (shown), penguin, bighorn ram, bald eagle, white pelican, or river otter.



Your Choice
$29.95

Colorado Springs, CO 80906
Fine jewelers since 1906

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adjustable
Hi-Low T.V. POLE STAND

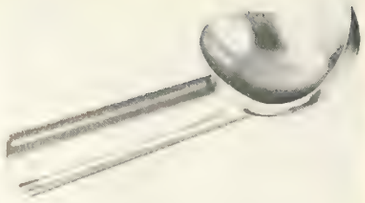
For the bedroom, living room, kitchen, family room, porch . . . no matter where you're viewing this smart new T.V. Pole Stand holds your portable at the level and place best suited for comfort . . . without taking up valuable floor or tabletop space. Takes any width, up to 14" front to back, up to 17" top to bottom. Easy to install and move, brass tone finish pole has spring tension rod at top to adjust to your ceiling height, can be set up in Hi or Low position. Hi position is great for reclining watchers. Made in USA.

$13.95 plus 1.00 post.

Extension for [illegible] $2.00

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Holiday Gifts Dept. 311-A
WHEAT RIDGE, COLORADO 80033



SUPER SCOOPER

Amazing dipper scoops ice cream like magic; Self-defrosting liquid hermetically sealed in handle, lets you cut through coldest ice cream with ease. Gives you uniform attractive scoops. Lifetime action, never loses it's power. Sanitary, rustproof. Now available in two models.

Deluxe American made $5.95
Import model $1.95
plus .35 postage each

Holiday Gifts
Dept. 311-D
Wheat Ridge, Colorado 80033

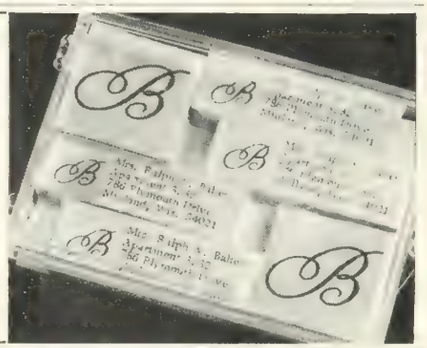


MAKE YOUR RINGS FIT RIGHT!

Are your rings too loose once they're over your knuckles? Do they slide around your fingers uncomfortably and unattractively? RIGS (Ring-Insert-Guard-Sizer) will hold your rings in place simply and effectively. RIGS (Pat. Pdg.) are vinyl liner-guards which slip inside the ring once it's in place and stop slipping. Works for any size, women's or men's. RIGS even hold boys' rings in place on girls' fingers. Guaranteed. **$3.00** ppd.

RIGS 1401-G S. Collyer, Longmont, Colo. 80501

GOLDEN OPPORTUNITY to stock up on a supply of elegant name and address labels. The set includes 250 black on gold 1½x ½" script initial address labels and 125 matching gold initial 1x1" envelope seals. [To 20 letters per line, 4 lines] We use them to personalize everything—stationery, checks, to identify books. Packed in 2x3" plastic box, $3.50 ppd. Via air add 52¢. 80-page gifts catalog, 25¢. Bruce Bolind, 211 Bolind Bldg., Boulder, Colo. 80302. Thank you kindly!





CUSTOM PRINTED SHIRTS

[illegible] of the slogan and we'll print it! Any slogan for your team . . . candidate . . . club . . . your favorite hobby . . . or whatever. Up to 30 letters printed on these quality cotton sweatshirts or T shirts. Machine washable, paint will not run or fade. Colors—powder blue, or navy blue. Size S, M, L, XL. Specify size and color. Add $2.00 extra for printing on both sides. Prompt Shipment.

Sweatshirt $6.95 T-shirt $4.95

Write for FREE catalog of gifts

Holiday Gifts

Dept. 311-B, Wheat Ridge, Colorado 80033

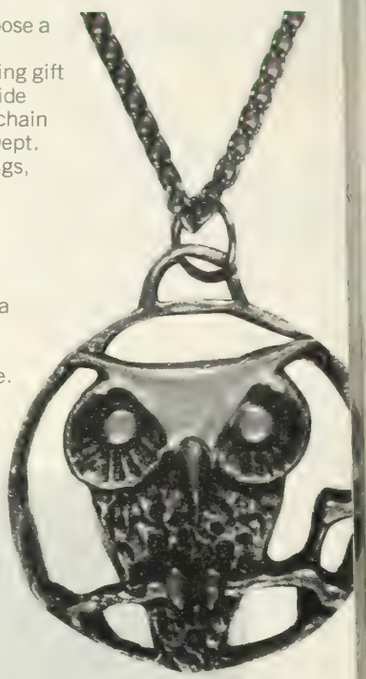
Like to shop for island thongs in the Caribbean, muu muus in Hawaii, julep cups in Kentucky? It's fun and it's easy to find the unusual when you order by mail from our Special Shopping Around sections.

If you're interested in promoting your shop in Shopping Around, write House & Garden, Dept. SA, 350 Madison Ave., New York, NY 10017.

SHOPPING AROUND
SKI COUNTRY IN COLORADO

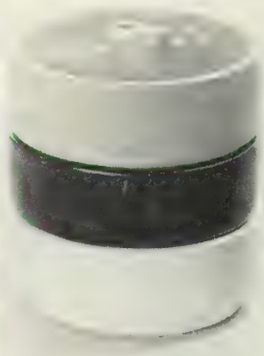
WISE SELECTION

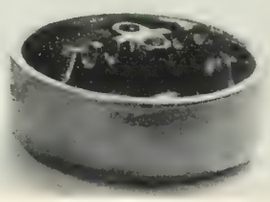
For a versatile fashion accessory, choose a handsome pendant of solid pewter. Attractive owl design makes a charming gift addition for your Christmas list. 4" wide on 24" chain $8.95; 1" wide on 18" chain $5.95. Ppd. Spear Engineering Co., Dept. 2092, P.O. Box 7025, Colorado Springs, CO 80933.



SAFETY FIRST

Break-resistant ceramic ashtray combines function and good looks. Smoking material won't roll out, and a snuffing device lets you extinguish cigarettes instantly. In vanilla, bittersweet orange, sun yellow or hot fudge. $5.95; set of four $21. Ppd. J.C. Fox Collection, HG711, 3350 Peoria St., Suite 101, Aurora, CO 80010.





POLISHED PARSONS

Tables of solid oak or walnut resist water, heat, stains. 24" by 48" by 18" h. $250; 36" by 36" by 30" h. $260; 30" by 60" by 30" h. $310; 36" by 36" by 30" h. parquet $300; 30" by 60" by 30" h. parquet $375. Also in custom sizes. Ppd. Woden Woods, HG11E, 2128 15th St., Denver, CO 80202.





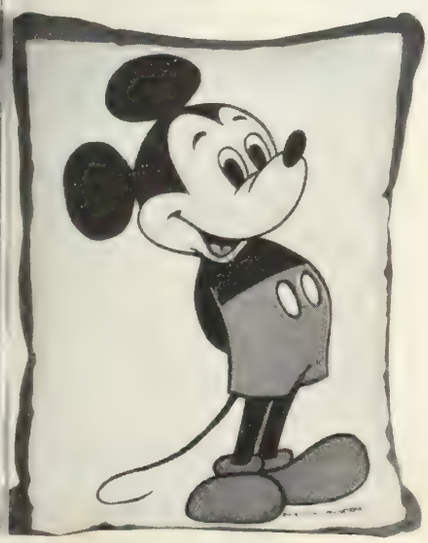
TRAVEL FRIEND

Wake up to music away or at home with a 6-transistor radio alarm clock. Goldtone face has fluorescent hour dots for easy viewing in the dark. Alarm automatically triggers radio if desired. In luxurious black leather case 7″ x 4″. AM/FM $49.95; AM only $39.95. Ppd. Bruce Bolind, HG11, Boulder, CO 80302.



SNOW SPIRIT

The white Christmas tradition in exciting ski country scenes is captured in full-color photos. Each 5″ by 7″ card has a thoughtfully matched sentiment. All 12 different cards $2.85 plus 70c post. Catalogue and a sample card free. Leanin' Tree Ski Cards, HG11, Box 1500-S-NT77, Boulder, CO 80302.



SOFT LANDING

The lovable favorite arrives on a colorful pillow to delight children and teens. Mickey Mouse is screen-printed in lively colors on yellow cotton background with brown cord edging. 14″ by 10″. $5.98 plus 50c post. Holiday Gifts, Dept. 311X, Wheat Ridge, CO 80033.

GIVE A PERSONALIZED GIFT TO FAMILY AND FRIENDS



MAILBOX NAME MARKER STYLE NM
REG. ~~$8.95~~
NOW **$7.95**

Satisfaction guaranteed or money back

Those on your gift list will remember your thoughtfulness when you give name markers! Any wording, same both sides 6 numbers on 7″ plate, 17 letters on 18″ plate. All rustproof aluminum with white raised reflector-beaded letters. Easy to install! **Master Charge** & **Bank-Americard** orders—by **mail** send all numbers—by **phone, toll free, anytime,** call **1-800-648-4990** (U.S.), **1-800-992-3090** (Nev. only). Charge orders only. Other information? (303) 471-9850
Order now! By mail—or phone toll free!
We ship in 48 hours—Satisfaction Guaranteed

any wording you want	

Ship to _____ $7.95
Address _____ +post. .95
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SPEAR ENGINEERING COMPANY
Box 7025, Dept. 5031,
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BUTTERFLY CLOCK



$46.

Simplicity of line . . . rich, natural grain. Fittingly perfect in any decor. Tuning fork movement with silent-sweep second hand. Battery powered—size C (not incl.). 12″ x 12″ x 1½″. Please add 2.50 for postage and handling. Send for our free catalog.

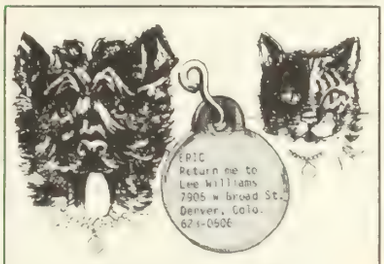
Chisolm Classics
P.O. Box 729, Dept. 50
Boulder, Colorado 80302



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Frostline kits are the **sew-it-yourself** outdoor equipment kits that come with everything you need to put together a top quality down-filled parka, sleeping bag, comforter . . . even tents and backpacks! With our detailed instructions even a **beginner** can sew any kit in our catalog.
WE GUARANTEE IT!!! Sew-it-yourself and save 30%—50% of comparable factory-made equipment
Write for our free full color catalog today!

frostline kits
Dept HG 115
452 Burbank
Broomfield, Colorado 80020



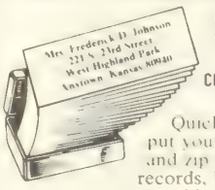
Lifelong ID tag for pets

Don't worry about your dog or cat getting lost. This stainless steel lifetime identification tag displays all the necessary information for his safe return—pet's name, your name, address and phone number, all engraved free. Hook for easy attachment to collar. Specify dog or cat. **$1.00** Ppd.

Write for FREE *catalog of gifts*

HOLIDAY GIFTS
Dept. 311-F, Wheat Ridge, Colorado 80033

1000 RETURN ADDRESS LABELS



$1.00
CRISP WHITE PAPER
FREE HANDY BOX

Quick, handy way to put your name, address and zip code on letters, records, books, etc. Any name, address and zip code up to 4 lines beautifully printed in black ink on crisp white gummed labels. 1¾″ long.
S717 1000 Labels $1

250 Self-Stick
RETURN ADDRESS LABELS
- Rich raised letter printing
- Self-stick – just peel off and put in place



$1.00

Self-stick labels with your name and address are the smart, easy way to personalize letters, envelopes, books, etc. Any name and address up to 4 lines beautifully printed in raised black type on the finest self-stick white label paper available. 1⅞″ long.
P2007 250 Self-Stick Labels $1

Walter Drake

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Deer Antler Pendant

From Aspen's high country forests, comes this pendant of polished deer antler capped in 14 karat gold. Wear it for a handsome outdoor look on him or her. 2¼" in length. $85.00 postage paid. Hang it on our popular flat link 14 karat gold chain, imported from Italy. 20" in length. $55.00 postage paid. Check, Master Charge, Bank Americard.

Opulence.

the ultimate in gold. P.O. Box 1224, Aspen, Colorado 81611.



Sunshine Down Vest

Keep your child warm all winter in this unique sun burst design, 100% down filled vest, available for the first time in infant sizes. Top it off with Aspen's own Mountain Lid.

18 m. 4 yrs.	$23 ppd.
5 yrs.-7 yrs.	$27 ppd.
8 yrs. 12 yrs.	$31 ppd.
Hat to Match	$11 ppd.

(Colo. Residents 3 percent sales tax)
Navy/Kelly/Red or Yellow/Orange/Red

Terese David of Aspen Ltd.

THE boutique in Aspen for 25 years
202 E. Main St., Aspen, Colo. 81611



Cotton Chinese Jacket

This lightly quilted cotton Chinese jacket comes in an oriental flower print on blue, lined with rust, or flowers on rust lined in blue. Nice for inside or outdoors, it's also available in solid rust with brown or solid red with black. Small, medium or large, it is only $30 including postage.

URIAH HEEP'S

Hotel Jerome P.O. Box 1362
Aspen, Colorado 81611



Victorian House Pillow

This delightful pillow displays Aspen's architectural heritage in a Victorian house of embroidery and applique. Oil burning lamps peek through lace window shades. An old fashioned weathervane, turret, and iron fence decorate the stately home. Navy, brown, red, yellow or green design on natural homespun background. 15" square. $45. [1.50] Colorado residents add 3% sales tax.

Color catalog of custom clothing and crafts available. Send 50 cents.

geraniums 'n sunshine
p.o. box g,
aspen, co. 81611



Turquoise
Gem of the Centuries

Here is the most comprehensive reference book currently available on turquoise and Indian jewelry. 11¾ by 8¾ inches, with 62 pages filled with authentic color photographs and accurate information. The mines, the craftsmen, the techniques, the jewelry; all are included in color suitable for framing. An exciting and informative book on a unique native American artform.

$7 95 plus 50 cents ppd.

Frost and Wright

450 S. Galena St.,
Aspen, Co. 81611



Stripes by Hilda

Hilda designed and made this bold striped sweater in Aspen exclusively for Safari Aspen, Ltd. Made of 100% pure wool, it is the perfect weight for on the mountain or apres ski. Hand washable.

Please order by color comb. no.:
1. Brown, Camel, Orange, Petrol Blue
2. Navy, Yellow, Red, White
3. Forest Green, Rust, Powder Blue, White

Women's sizes S, M, L at $45.
Men's sizes S, M, L, XL at $45.
Matching Hat, one size fits all at $10.

Safari Aspen, Ltd.

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Aspen, Colorado 81611

SHOPPING AROUND
SKI COUNTRY IN ASPEN, COLORADO



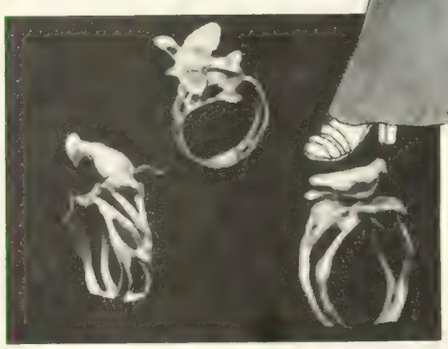
YOUNG PIONEERS

Sunbonnet dresses reflect Aspen's past. Custom-made dress and pinafore in cotton/polyester. All white and red, brown, navy or yellow print. Three-pcs., 2-6 (left), $38; 8-12 (right), $46 plus $1.50 post. Bonnet only, $6.50 plus 75c post. Catalogue 50c. Geraniums 'n Sunshine, HG11, Box G, Aspen, CO 81611.



POSH PANTSUIT

Navy velveteen styled by Fumi of New York for Uriah Heep's. Hand-woven, multicolored African Kente cloth, persimmon raw silk binding, medallion of antique Japanese silk obi fabric embellish the jacket. S.M.L (send dress, waist, bust size). $220 plus $2 post. Uriah Heep's, Hotel Jerome, Box 1362, Aspen, CO 81611.



GOLDEN FOREST BIRDS

Delight your eyes and your fingers with exquisite 14 kt gold rings designed by Giles, exclusively for Opulence, the Ultimate in Gold. You'll treasure the graceful dove in flight, the Aspen snowbird or the golden cockatoo. State ring size. $200 ppd. Opulence, HG11, Box 1224, Aspen, CO 81611.



CHIC CHAMOIS

Wear together or as separates. Elegant chamois threesome created by Flavours Unlimited of Aspen. 100% domestic sheepskin chamois. Sizes 6 to 14. The 4-panel western style skirt, $68; snap front vest, $49, yoked shirt, $104. $200 Ppd. Safari Aspen, Ltd., HG11, 416 S. Hunter St., Aspen CO 81611.

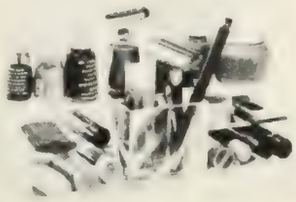
PERSONAL ACCOUNT

Handsome initialled money clip of sterling silver grips bills securely, keeps currency safe and handy. Handcrafted, sure to please the discriminating. 1⅝" square with any initial 1⅛" high. $12.50; two $24. Ppd. Ferry House, Dept. HG-751, Briarcliff Manor, NY 10510.



CLEARLY ORGANIZED

Crystal clear acrylic makeup organizer has tiny shelves for little things, compartments for tall bottles, sprays. Middle section slides out. Easily cleaned, it fits standard wall cabinet. 9½" by 3". $6.98 plus 50c post. Holiday Gifts, Inc., Dept. 311W, Wheat Ridge, CO 80033.



ITALIAN PORCELAIN

Lovely pair of boxes fashioned after walnut shells. With fine glaze, hand-painted gold leaf. By Agostinelli of Venice. 2" and 3" l. White. For candy, rings, decoration. Boxed. Set $8.98 plus 50c post. Lillian Vernon, GNE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



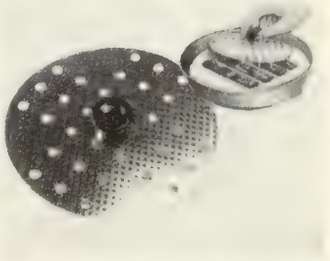
MUSICAL KETTLE

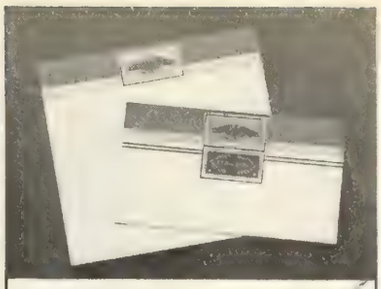
Carries sounds of a harmonica when water is boiling. Copper and brass with stainless steel bottom. Trigger-lock handle for easy filling, pouring. From W. Germany. 3-qt. capacity, $29.95 ppd. Free catalogue. Barclays Coffee, Tea & Spice Co., HG11, Tampa Ave., Northridge, CA 91324.



NO MORE CURLS

Now you can have crunchy bacon —minus the curls. Bacon press keeps bacon flat while conducting heat for evenly-cooked crispy meat. Fits any round pan 9" or larger. For draining grease, too. $1.29 plus 30c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.





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An exciting new idea in social stationery. ZIP-NOTES® . . . all-new, all-purpose "Speedy Greetings." No envelope, no seals, yet message sealed and unrevealed! And they open like a dream! (Patented). Smart,sophisticated, impressive. Great gifts (for Mr. and Ms.). ZIP-NOTES® make their world debut with a distinctive Bicentennial theme on white stock with blue, red, and gold decoration. 25 only $4.95 + 40¢ mailing. Available only from ZIP-NOTES®. Dept. HG, P.O. Box 25639, Phoenix, AZ. 85002.



Yes, you can have a FULL COLOR POSTER blown up from your color photo or slide at a fraction of the price. All color posters printed on Kodak paper. Great gift idea!

BLOW YOURSELF UP

into a FULL COLOR POSTER at Unbelievable low Cost!

LOW COST FULL COLOR POSTERS

20"x24" ..... only $7.50
14"x17" ..... only $4.50
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BLACK & WHITE BLOWUPS TOO!

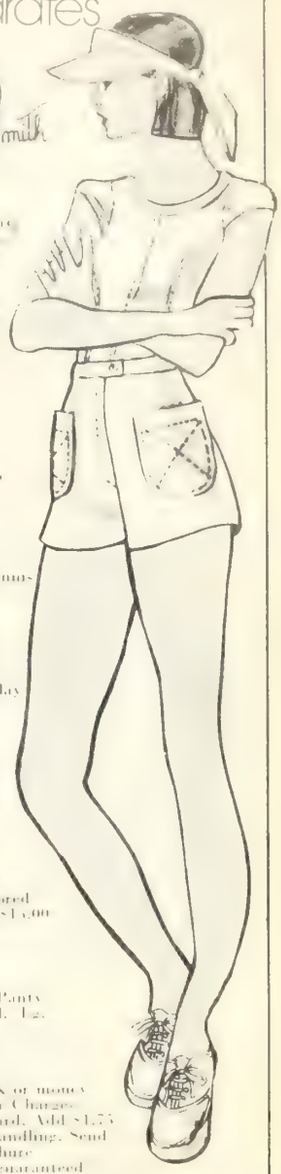
2 ft. x 3 ft.	$3.50	Laminated Posters up to 2 ft. x 3 ft. $3.00 addt'l.
1 ft. x 1½ ft.	$2.00	
1½ ft. x 2 ft.	$2.50	
3 ft. x 4 ft.	$7.50	Photo Returned.

For every color poster ordered, add $2.00 and get a black & white same size. Black and White Duplicates 50% off. Add 50c each item, handling. For prompt delivery put name & address on back of photo. Send check, cash or M.O. N.Y. residents add appropriate sales tax. If you send slide or negative, add $1.00 for each size. Shipped U.P.S., $1.50 per item.

Congers Color Labs

Dept. HG-115, Congers, N.Y. 10920

tenniswear separates by loretta Smith



Tennis Separates 50% Poly 50% Cotton double knit. Cotton backing for absorbency. Racing green top stitching trim. Sizes 6-14

T.T. 2001 Muscle Sleeve Tennis Top $15.00

T.S.L. 2004 Slit Front Tennis Short $22.00

T.L.P. 2006 Tennis Pants Draw-string warm-up & play pants $32.00 Not Shown

T.L.S. 2005 Long Sleeve Tennis Top $22.00 Not Shown

T.Sk. 2002 Elastic top gored Tennis Skirt $15.00 Not Shown

T.P. 2003 Full Tennis Panty P., Sm., Med., Lg. $8.00 Not Shown

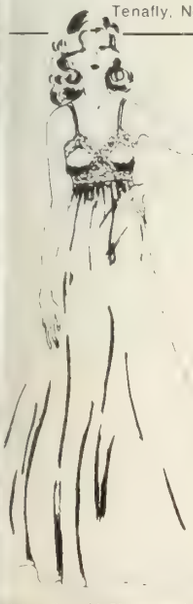
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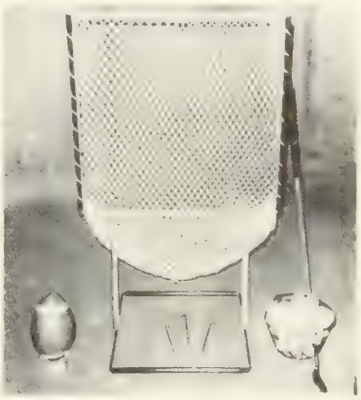
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Elephant Head Vase 9″ high



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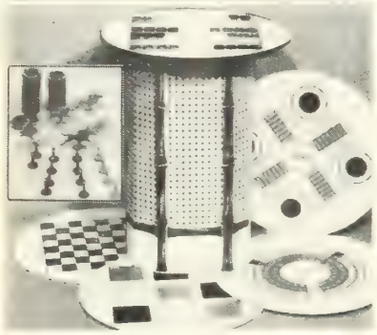
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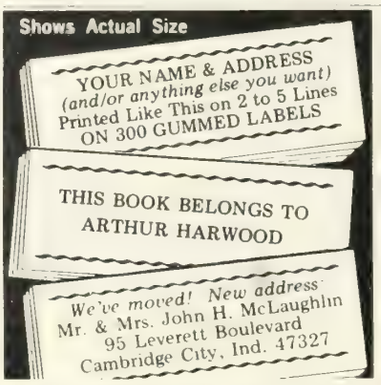
Do you find the eyes of needles growing smaller? Needle threader consists of a plastic funnel into which the needle is dropped, spindle to transfer thread to needle, blade to cut thread. $1.59 plus 20c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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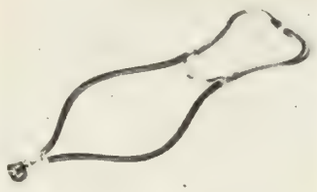
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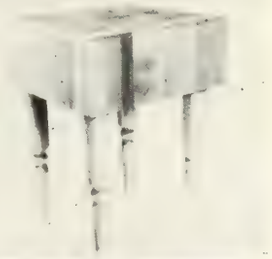
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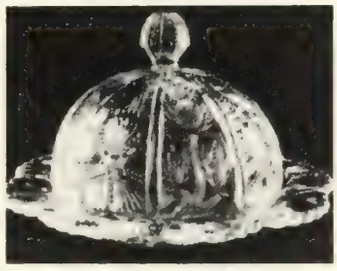
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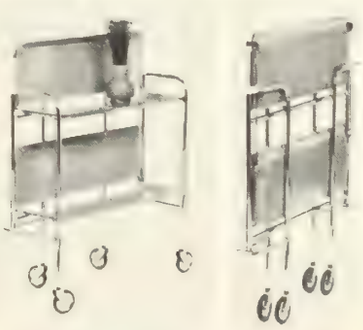


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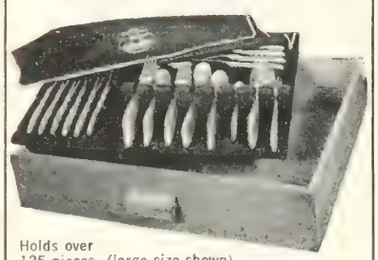


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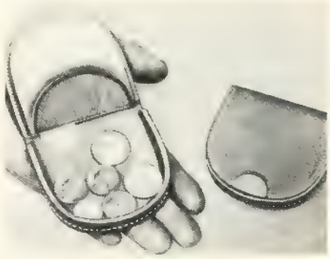
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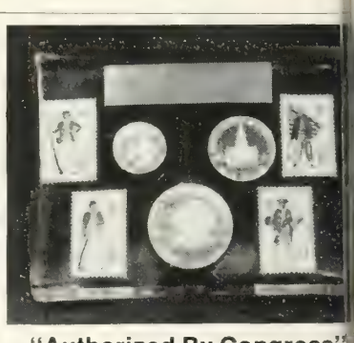
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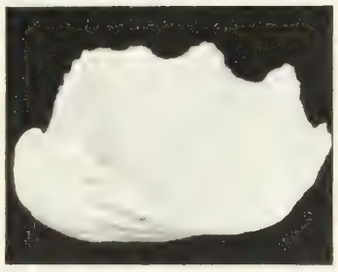
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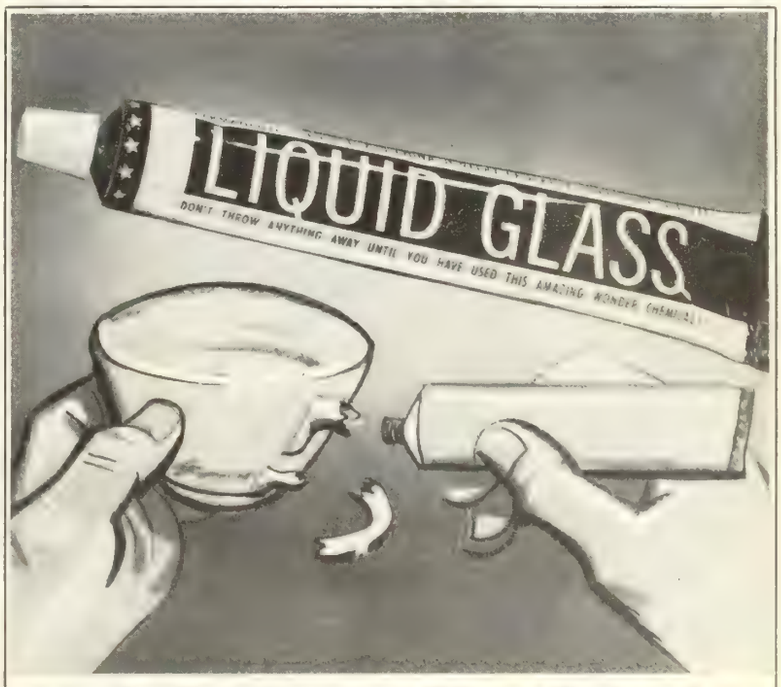
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MAGIC MENDING

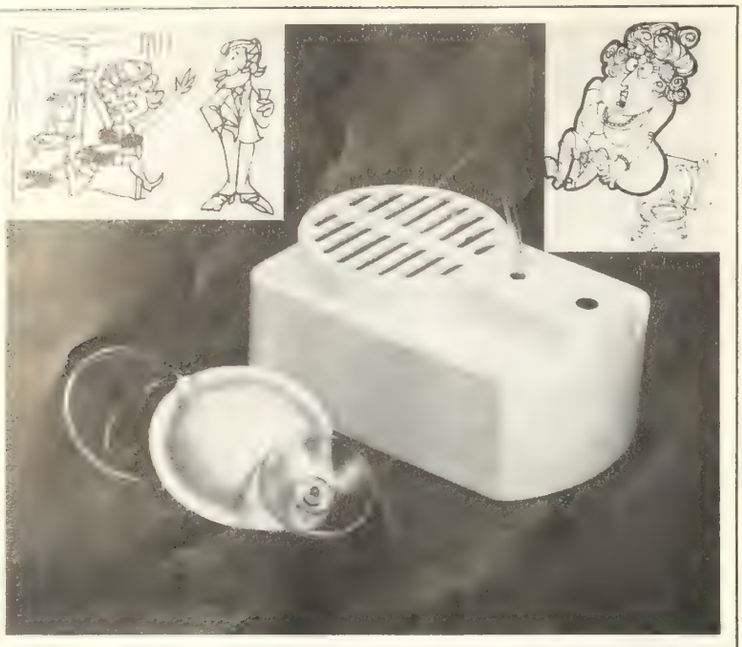
New silicone formula Liquid Glass chemical sensation for permanent mending or repair of glass, china, crockery, ceramics and porcelain. Dries clear and creates a washable, waterproof, heat-or-cold proof iron bond.

LIQUID GLASS . . . . . **$2.98 + 25¢ Mailing Each**

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Hunt Galleries, Inc.

P. O. Box 2324, HG7511, Hickory, N. C. 28601

The LAZY DAZE invites you to relax in luxurious comfort

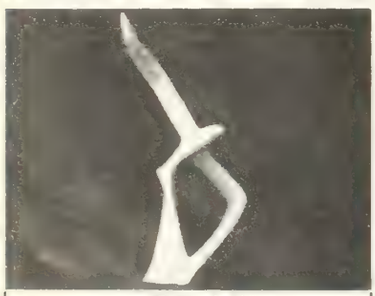
Upholstered in various grades and types of fabrics—stripes, solids prints; cut, antique, crushed and plain velvets; etc. Specify type and colors desired. $222.00 as shown in quilted print $150.00 in your fabric—send 9½ yds. 54" material. Satisfaction guaranteed.

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Send $2 for our Furniture Catalogue and Request Leaflet for FREE hand-selected decorator fabrics



L. 60"



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The serenity and grace of our pure white seagull in solo flight will capture your heart and imagination.

Approximately 16 x 11 inches, this highly glazed ceramic statue with non-scratch felted bottom, complements any setting. The perfect gift for all.

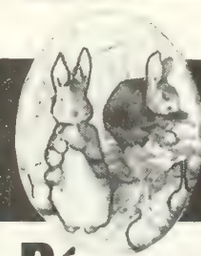
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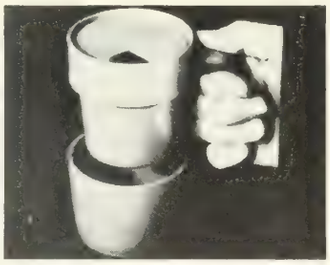
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The all around favorite boot these days is the demi that comes just over the ankle. Stretch polyurethane, foam-lined, non-skid heel. Black, brown, navy, bone, white or red. 5 to 8½ plus 9 and 10. $15 plus $1 post. Old Pueblo Traders, 610 So. Country Club Rd., HNC, Tucson, AZ 85716.



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Perfect solution for drip-dry garments, sheer curtains, hosiery. Adjustable 25" to 31" chrome-finished bar, hooks over shower rod, locks in place. No screws or adhesive; garments drip in tub. $4.98 plus 75c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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We found these antique beauties in England and have faithfully reproduced them with loving care in polished solid brass. The paper rack to hold books or magazines. The plate stand to hold your decorative glass or china plates or brass trays as shown below. Both items will enhance any period furniture in your living room or den. Approx. 29" high



Paper Rack
$55.00 ea.

Plate Stand
$40.00 ea.

Please enclose check or M.O.
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TO

antique brass ltd.
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Set of three 10" solid brass trays for above
$26.00 per set

Delivery all items 3 weeks
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Get your guest closet ready for holiday entertaining. These lustrous gold anodized hangers, 3/16" thick, keep garments neat. Excellent for drip-dry use. Lifetime finish. Set of ten, $13.95 plus 75c post. Ultimate Designs, Dept. HG115, 16 Yale Terrace, West Orange, NJ 07052.



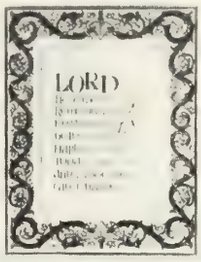
FIX-IT KIT

Oh, those miserable moments when eyeglass frames part company! To cope, a clever kit that helps get it all together: professional optical screwdriver and an assortment of tiny frame screws. $1.98 plus 15c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



WINNING TEAM

Inspirational 8" by 6" wooden plaque reads, "Lord, help me to remember that nothing is going to happen to me today that you and I together can't handle." Italian scroll border. Laminated. $1.98 plus 35c post. Cadlyn's, Dept. HG11, 2077 New York Ave., Huntington Sta., NY 11746.



CUSTOM NEEDLEPOINT

Send any clear photo or slide. Colors are marked on 10-mesh canvas for your yarn. House, landscape, boat, car or loved one's portrait (returned). 12" by 16". $15 plus 50c post. Ask about other sizes and double-mesh. World Arts, HG11, Box 577, Wilmington, CA 90748.



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Now anyone can restore his favorite antique and heirloom chairs easily and inexpensively with a Newell Caning Kit; tools, natural cane, and easy-to-follow instructions, all postpaid for only $4.00; extra cane $2.00 per chairlot. (Illinois residents add 5% sales tax)



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Now! Grow Longer, More Beautiful Nails in as Little as 5 to 7 Days



even if right now your nails are too short to even manicure!

New wonder discovery is not a gelatin conditioner — not a false-nail-builder — not an ordinary nail hardener — but an incredible new formula that actually penetrates your nails . . . takes up where nature left off . . . promotes full beautiful growth as it helps your nails **"drink" themselves longer, "drink" themselves stronger in just a matter of days.**

Yes, if all your life it's just been impossible to ever grow long beautiful nails — then here's news of an exciting breakthrough that should absolutely thrill you.

Do you know that thanks to a recent laboratory development your nails can now be coaxed to actually "DRINK" THEMSELVES LONG? Yes, it's a fact — the main reason you've never been able to grow long beautiful nails is a lack of essential nutrients in your nails. This lack of liquid nutrients is what causes your nails to dry out, become weak and brittle, to break, crack, and split before they have a chance to reach full, beautiful size . . . **and to stay long and beautiful all the time!**

NOW! THRILL TO GLAMOROUS GROWTH IN JUST A MATTER OF DAYS!

But now comes news of a wondrous nutrient formula for the nails, called "Long 'n Strong" that actually penetrates into your nails and lets your nails "drink" in this vital amino "liquid diet" so important to long, strong growth. It does for your nails what your own system denies you: the ability to promote and maintain the growth of long magnificent nails FAST.

The result: Just one week from today your nails start to grow longer, stronger, more glamorous than you've ever seen them before. No cracking. No peeling. No chipped or broken nail tips due to lack of vital long-growth protein fortifiers.

Best of all, "Long 'n Strong" is so easy to use. Simply brush on and it penetrates into your nails. Then, like magic you'll see even the most embarrassing short and stubby nails actually "drink" in this new nail formula and grow forth longer, stronger, in less time than you ever dreamed possible.

SO FAST, that in just days you can actually measure the dramatic difference. SO FAST, that in less time than you've ever dreamed possible your nails should actually need cutting, filing, shaping — yes, a real beauty-parlor manicure for perhaps the first time in your entire life!

NOW! ENJOY MOVIE-STAR HANDS — END "SHORT-NAIL BLUES" FOREVER!

So why continue to be embarrassed by short, stubby nails when NOW it's so easy to grow long, glamorous nails with new wonder-formula "Long 'n Strong". Remember, you must see visible results in just days — longer, stronger, more beautiful nails — or it costs you nothing. So order today on guarantee of satisfaction or money back. Full 60-day supply only $2.98. Use handy no-risk coupon below.

Don't Delay! Fill Out And Mail Coupon Today!

Long 'n Strong, Dept.JNP-117
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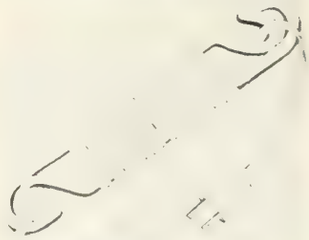
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556 Mission, San Francisco, California



WATER WATCHER

Clever indicator indicates by color changes exactly when plants need water, so there's no more guesswork or soggy plants. Markers are 4" long plastic. Set of 6, $1.99; 12, $3.79. Ppd. Write to S & S Enterprises, HG-5, 9531 Zion Circle, Huntington Beach, CA 92646.



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$167 each as shown; $91 in your fabric—send 6½ yds. 54"

Pennsbury Collection

P.O. Box 2581, Dept. 7511, Hickory, N.C. 28601

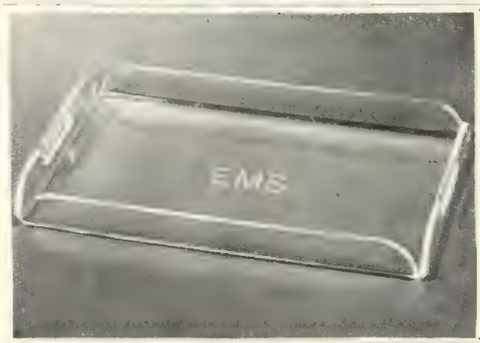


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PHYLLIS, Dept HG115
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I KNOW YOU BELIEVE YOU UNDERSTAND WHAT YOU THINK I SAID, BUT I AM NOT SURE YOU REALIZE THAT WHAT YOU HEARD IS NOT WHAT I MEANT. ©

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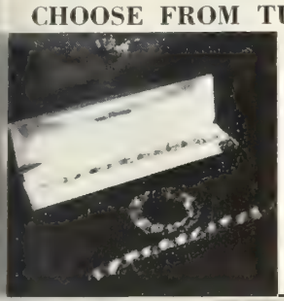
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Send 25¢ for complete catalog.



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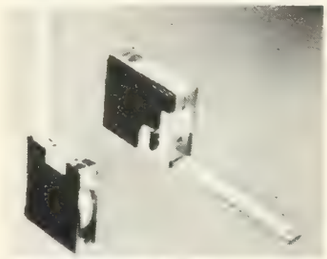


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San Francisco
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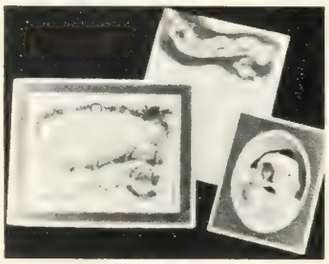
HURRICANE SHAKERS

Pewter and glass combine brilliantly in salt and pepper shakers. 2½" h. Lovely additions to any table setting. Pewter requires no polishing to look its best. $8.50 a pr. gift boxed and ppd. Legacy Sterling Club, HG11, 92 Rockdale Ave., New Bedford, MA 02740.



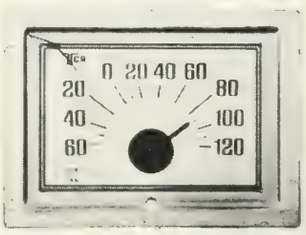
ON THE SQUARE

Four-way ruler gives feet and meters, shows inside dimensions, acts as a square and level. Steel tape is in chrome, red or black cowhide (specify); 10' spring-loaded ruler. $14 plus 65c post. Catalogue 25c. Suburbia, Inc., Dept. 300, 366 Wacouta, St. Paul, MN 55101.



LOVE FROM SANTA

Child's package has letter in Santa's handwriting addressed to the child; glossy 5" by 7" photo of Santa; Certificate of Good Behavior 8" by 10" (it and photo easel-mounted). $3.95. Ppd. Santa's Letter Department, HG11, 5632 No. 12th St., Philadelphia, PA 19141.



SEE-EASY THERMOMETER

Winter's in the air. See through thermometer sticks outside a window and lets you size up the season. Even youngsters can read exact degrees. 3½" by 2½". $1.98 plus 25c postage. Send to Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.





FLORENTINE PHEASANTS
from Italy

Noted for their beauty and splendor . . . these are prized by collectors the world over. Crafted of silver plated metal and embellished with crest, ruff, wattle and long ornamental tail to a sweeping 11" in length. These gracious pheasants will add brilliance to any setting . . . highlight as a table centerpiece. A unique wedding or Mother's Day gift.

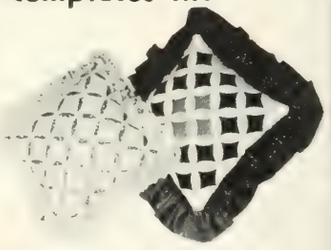
Specially priced **$19.50** a pair, ppd.

Send check or money order, or charge to your Mastercharge or Bank Americard. Please include account number, expiration date, and bank number.

Money back if not completely satisfied.

STUART KINGSTON IMPORTS
BOX 91, DEPT. H10
REHOBOTH BEACH, DELAWARE 19971

cathedral window templates kit



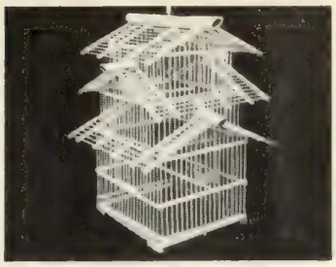
New Patented Method

Quilt on-the-go! Make quilts or pillows without frames. **Quilt Easy** metal templates kit includes 3 templates for cutting and pressing, with easy-to-follow illustrated instructions for the traditional **Cathedral Window** design, and the exciting **Petal design.** $4 postpaid.

Quilt Easy
P. O. Box 321
Stone Mountain, Georgia 30083

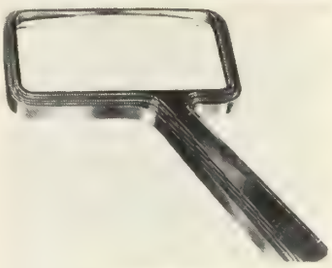
BAMBOO ARTISTRY

Beautifully designed bird cage has three stories, reminiscent of Eastern temples. Practical slide-out tray makes cleaning easy. Natural color. 24" high by 15" by 15". $14.95 plus $2 post. Catalogue is 25c. Fran's Basket House, HG11, Route 10, Succasunna, NJ 07876.



EASE FOR EYES

Rectangular magnifier relieves strain of trying to read fine print or examine details of an object. Use in home, office, hobby corner. Unbreakable plastic frame, 2" x 4" lens. $7.98 plus 60c post. each. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



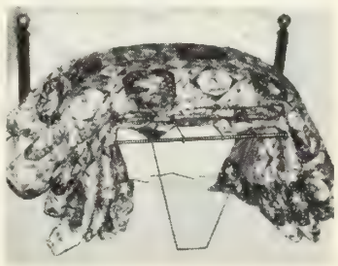
LAZY HAPPI DAYS

Gay flowers are printed on hand washable happi coat with white, blue, lime or pink ground. One size fits all over swim suit, slacks or wrap-around skirt. Belt or wear loose hanging. $15.95 ppd. Sea Captain's Chest, HG11, 211 Jefferson St., San Francisco, CA 94133.



SECRET SPREAD REST

What a great idea! A caddy that hides beneath mattress of beds with low (or no) footboards. Slip it out at bedtime for a bedspread rack to simplify morning make-up. King, queen, double beds need two. $7.83 ea.; two $14.83. Add 90c post. Garrett's, HG11, Box 12274, Dallas, TX 75225.



NO MORE SUDS

Foam sponge shower goggles with clear plastic lenses permit shower takers to watch while eyes are protected from both water and soap. Self-adjusting elastic strap, one size fits all. $1.29 plus 20c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.





Solid Cherry Silver Chest

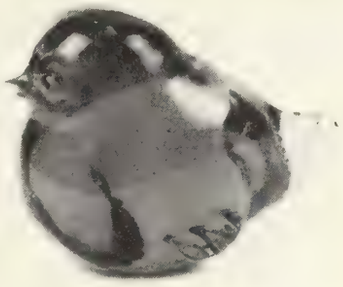
For all your priceless flatware, this Queen Anne Silver Chest provides beautiful, convenient storage. All four drawers are lined with Pacific silver cloth, and the top one has dividers. Drawers are 2 in. deep; have pretty brasses. Scallop shell on the shaped apron. Finished back. W 24, D 15, H 37 in. No C.O.D. Silver not included. Brown, or Red Brown cherry finish available.

$194.00 shipping charges Collect

Send $1.00 for Catalog 21

Dept. 353, Box 266, Concord, N.C. 28025

Ephraim Marsh



BLUE BIRD OF HAPPINESS

Enchanting solid crystal Lovebird is a rich deep blue in color and delicately detailed. It is signed by the famous Swedish artist "Tyko", who designed it. A masterpiece in crystal for those who enjoy and love fine quality. Truly a collector's item. Order several to give as gifts. **$6.50 each; 2 for $12.50**. Add 95¢ postage.

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Dept. GB-115

Briarcliff Manor, N.Y. 10510

SAVE SAVE THIS COUPON WORTH **$1.50** off Reg. Price

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COLOR PHOTO GREETING CARDS!





Deluxe Slim-Line Santa Cards Actual size 3½" x 7"

Kodak's Reg. Price **20 for ~~$8.48~~**

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Special offer with this ad until December 5, 1975

20 for $2.98

including envelopes

Enter my order for ☐ 20 ☐ 40 ☐ 60 ☐ 80 ☐ 100 ☐ 200 Color Greeting Cards now. $2.98 for each unit of 20 cards is enclosed. I am also enclosing 75¢ postage and handling for each unit of 20 cards. Enclosed is my ☐ color negative or slide ☐ color print (plus $1 additional for new negative.)

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Box 22308	ZIP 75222	DALLAS, TX
Box 1811	ZIP 80201	DENVER, CO
Box 835	ZIP 10001	NEW YORK, NY GPO
Box "P"	ZIP 90660	PICO RIVERA, CA (Los Angeles Area)
Box 275	ZIP 63166	ST. LOUIS, MO

CHRISTMAS WITHOUT LIGHTS

"Our last Christmas was a sad time for me and my family. The energy crisis and a family financial pinch kept us virtually in the dark. The electric lights were not hung in the hopes of saving on energy and on the electric bill. My neighbor asked me why I was so depressed. I told her my story. She took me by the hand . . . straight into her living room . . . there . . . standing majestically against the staircase was the most dazzling, shimmering, radiant Christmas tree I had ever seen. 100 snow white luminus icicles . . . a Winter-wonderland! Now . . . we'll never have to be in the dark again on Christmas."

The offer is limited. Send immediately for your 100 Luminus Icicles. 100 Luminus Icicles, with their own easy to use hanger, each a stunning 5" long. Absorbs light by day, glows warmly at night, indoors or out. Safe and durable for the little ones and will last a lifetime of Christmases.

100 Luminus Icicles **$2.98** plus .60 postage & handling

SAVE—400 for only **$9.98** plus $1.00 postage & handling

Satisfaction Guaranteed *(FL residents please add 4¢ S.T.)* Send check or money order to:

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THE ULTIMATE GIFT

for the "Backgammon Addict"

Personalized lucite Doubling Cubes

Decorator designed cubes are hand engraved with numbers painted in red, blue, and black (Octagon in black). **Octagon Doubler** from 2 to 256. Monogram, name, or message engraved on side. 3" diameter. **Regular cube** doubles from 2 to 32 with engraving on top. **Hi-roller cube** starts where others leave off! Numbers from 128 to 2048, engraving is where the 4096 would be. All will be cherished by "Big Players." You can bet on it!

Cubes are available in 2" or 2½" sizes, and the **"Ultimate Backgammon Gift"** is a pair. All beautifully pouched in a draw string velveteen bag. Monogram or name (max. 7 letters) included in price. Additional lines, $2 each per line, maximum 4 lines. Cubes available without monogram.

2" Cubes	**$16.95** each	(specify 2-64 or 128-4096)
2½" Cubes	**19.95** each	" "
3" Octagon	**19.95**	

All postpaid. N.Y.C. res. add sales tax

DORCHESTER GIFT SHOP, Dept. HG115 507 Fifth Avenue, New York, N.Y. 10017

Delightful decorator sets for children's rooms!

Circus Stick-ons! ABC Stick-ons! Super-hero Stick-ons!



Full color. Easy to put up. Only $2.95 a set!

Each set comes on a mammoth 20 x 26 inch sheet — ready to peel off and press on in seconds! **Circus Stick-ons!** Nine gentle giants romping on walls, doors, cribs, cabinets. **ABC Stick-ons!** The whole alphabet—26 letters that decorate *and* educate. **Super-hero Stick-ons!** Superman, Batman, and friends. Thirteen peel-off celebrities that brighten anything from bedrooms to bikes to book-jackets.

Each set — $2.95 plus 45¢ postage and handling. (Order two and save 80¢!) **A full money-back guarantee** if not completely satisfied. Mail the coupon today, and we'll send your stick-ons right out.

Family Bazaar Inc., Dept. HG-11, 25 Kinkel St., Westbury, N.Y. 11590.

Send me: (please indicate quantity)_____Circus_____ABC_____Super-hero

☐ one set—$2.95 plus 45¢ post. & handling: ($3.40)

☐ two sets—$5.25 plus 75¢ post. & handling: ($6.00)

☐_____additional sets—$2.65 each:

I am enclosing ☐ check, ☐ money order, ☐ cash totaling $ _____

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(N.Y. residents add 8% sales tax. (Allow 4 weeks for delivery)

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New all-purpose desk lets you study, read or write with ease in bed, chair . . . anywhere! Large study area—13x19 inches, yet weighs just 4 lbs. Folds for storage. Of high density plastic in choice of Walnut grain. Just $9.95 + 95¢ postage.

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Enjoy new comfort with your back, shoulders and head gently raised and cushioned on this light, buoyant **Foam Slant.** Provides an even, gradual slope for more restful, healthful sleep. Better than extra pillows. Head elevation comforts diaphram hernia, hypertension, acid regurgitation, breathing, bronchial and heart ailments. Leg elevation eases varicose, circulatory and swelling leg discomforts. 27" long. Washable zipper cover. Order 4" high for 2-pillow users **$15.00;** 7½" high for 3-pillow users **$17.00;** 10" at **$20.00;** or 12½" high at **$23.00.** We pay postage and ship within 6 hours.

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MONEY BACK GUARANTEE



COLLECTOR'S CHRISTMAS ORNAMENTS

Old world elegance for your decorating or holiday gifts. Hand crafted in a special heat-resistant wax, these charming figures have the look of old ivory, each painted in softly glowing tones of rose, green, gold, violet, etc. A traditional European folk art—some of our designs are over 200 years old—they make a handsome year-round display on tree, wall or curio cabinet. Many other styles are available. 2"-5.5" Tall $6.00 each ppd.

(Mich. residents add 4% sales tax.)

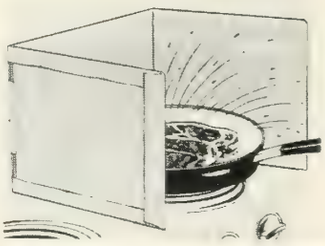
STUDIO CLARE Dept. HG11
P.O. Box 2065, Detroit, Mich. 48231

SHOPPING AROUND



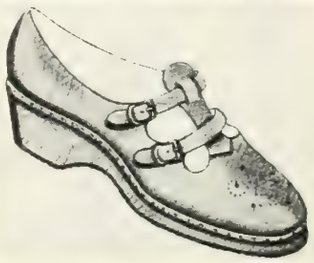
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Finger flair from Mexico with hand-tooled fish. Enroscar ring is Mexican silver, fashioned by skilled craftsman. To delight all the senoritas on your Christmas list. It's symbolic. One size fits all. $9.50 ppd. Shopping Int'l., Inc., 969 Shopping Int'l. Bldg., Norwich, VT 05055.



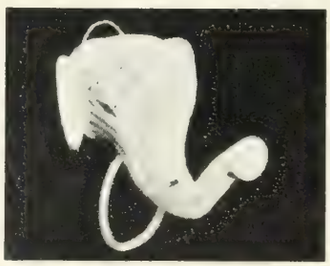
SPLATTER CATCHER

Cooks love the efficient work of a pure aluminum splatter shield that protects against flying frying spots, mixing bowl batter. Three hinged panels, 9" h., fold flat for storage. $2.98 plus 45c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105



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"Debra," has 1¼" wedge heel, zigzag rubber sole. Widths AAAA-EE, 2½ to 12. Smooth trim grain calf. Beige with otter, bone with malt; navy with light blue; white; black. 2½-10, $26.95; 10½-12, $27.95. Add $1 post. Free catalogue. Solby Bayes, HG11, 45 Winter St., Boston, MA 02108.



HANGING HEAD

Natural wicker elephant head is a great aid in promoting neatness among youngsters as well as a decorative accent. 14" h., it is easily attached to the wall; the large ring holds towels at the ready. $4.95 plus $1.45 post. Wicker Etcetera, HG11, 192 Lexington Ave., N.Y., NY 10016.



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Carry-all reads "Happiness is Being a Grandmother", hand-embroidered. Motto is framed in strawberry or cornflower velvet ribbon (specify); on a white wicker basket, 10" x 9" x 4". Quilted lining. $29.50 ppd. The Pink Kitty, HG11, Stockbridge, MA 01262.



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Thermal greenhouse that has been lab tested in Vermont's cold has rigid double-pane shatter-proof walls. Requires no foundation. Free-standing, lean-to models from $499. Free catalogue. Vegetable Factory, HG11, Box 2235, Grand Central Sta., N.Y., NY 10017.



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The well-loved "12 Days of Christmas" carol is depicted in a stunning bronze-oxide medallion. The partridge in the pear tree is numbered in a limited edition. For pendant or charm, 1¼" dia.; chain, 24" in gold tone. $5 plus 25c post. Downs, Dept. 1409Z, Evanston, IL 60204.



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Shower curtains won't blow out of the tub when plastic magnetic holders are snapped on to the curtain. Permanently magnetized; won't rust or mar. Eliminate wet floors. Set of three, $1.98 plus 20c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.







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We're not making any claims, but sportsmen, socialites and actors share the copper craze. They swear by some magic mumbo-jumbo, copper gives aches and pains the brush off. 100% pure copper bracelets.

Women's Bracelets		Men's Bracelets	
7¼"	$2.98	8¼"	$3.98
7¾"	$3.29	9"	$4.49
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Add 30¢ Mailing Each

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Exciting! Educational! Creative!

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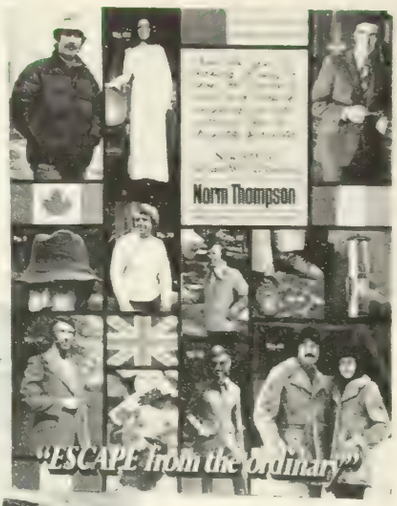
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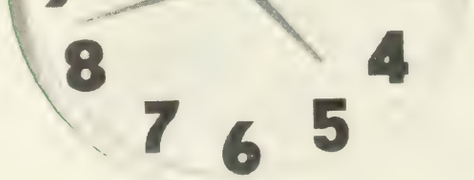
SHOPPING AROUND THE NORTHWEST

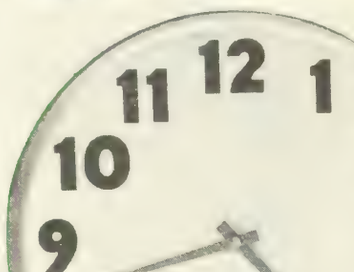
QUALITY PLUS

For those who want the best. Discriminating collection of casual fashions for men and women—many Norm Thompson exclusives—from British Isles, Scandinavia, France, Peru as well as the Northwest. Free 1975-76 fall and winter catalogue in full color. Norm Thompson, HG11, 1805 N.W. Thurman. Portland, OR 97209.









OUTDOOR TIME

Neither snow nor rain will stop this clock. It's weatherproofed. The big white face (15" dia.) bold red hands and black numbers make time clearly visible from a distance. Runs full year on one flashlight battery. $29.95 plus $2.50 post. Wretched Mess, HG11, West Yellowstone, MT 59758.

NATURE'S CHRISTMAS

Help Santa take care of his gift list the natural way. Growing things from the earth are dynamic presents for city-dwellers and country cousins alike. Among the possibilities: Christmas crocus, bright azaleas, amaryllis. Free catalogue from Jackson & Perkins Co., 34-C Rose Lane, Medford, OR 97501.



Gift For Music Lovers



MUSICAL WALL PLAQUES

Delightful decorating idea for collectors and music lovers alike! Priceless mini ancient Chinese musical instruments. Intrinsically handmade. Framed with each instrument's name in bright golden Chinese letters. Ready to hang. 5½" by 7½". Each $2.95 + 55¢ Shp. Chg. Set of 5 $13.50 + $1.55 Shp. Chg.

PACIFIC TRADE INT'L.
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A superior brush surface cleaner with detachable lint remover for small areas. Terrific for car, camper, boat or travel. Rotating brush picks up crumbs, sand and even cigarette butts from fabric surfaces. Lint remover cleans fluff, threads, dust and pet hair from any garment. The finest fabrics are cleaned gently by the diagonal nylon tufts.

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$1.00
3/2.50
$3.00
$4.00



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FREE! 2 BIRD OF PARADISE SEEDS AND 3 WOODROSE SEEDS WITH EACH ORDER

Hawaiian good luck ti plant (pronounced tee) grows from a log [illegible] water. Then plant & watch its rapid growth to a height of 1 to 6 feet. Can be regulated by the size of the pot.

Please add 50¢ for postage & handling

Aloha East
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Year-round sleeping comfort as millions of tiny filaments interlock weightlessly to keep out cold – hold in body warmth. Exciting new ensemble idea combines washable, decorator-styled, non-slip coverings with matching bottom sheet and pillow cases. No more bed-making – one fluff and it's done. Send $1 for catalog (credited to purchase). Kits, too – save money, easy instructions. Satisfaction guaranteed.

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A GIFT WITH TASTE

These Comice pears from our own orchards in Oregon's fertile Rogue River Valley are hand-picked for fresh, creamy texture and juicy rich flavor. Carefully selected, individually wrapped and delivered PREPAID in colorful gift boxes. All packages are guaranteed. A unique and delightful gift for family, friends and business associates.

Send us your list of pear-lovers and your greetings to be enclosed; we'll do the rest.

No. 1—Deluxe Six Pound Box (10-14 pears) Before Nov. 28 $7.70 After Nov. 28 $7.95

No. 2—Deluxe Ten Pound Box (16-20 pears) Before Nov. 28 $9.00 After Nov. 28 $9.25

For more information, write for our free catalog:

PINNACLE ORCHARDS
416 Fir Street, Medford, Oregon 97501

Prepaid in the Continental U.S.; write for prices to Alaska and Hawaii

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A YEAR FULL OF SMILES,

snickers and yukyuks are yours – in our all-new Wretched Mess Calendar *(1976 Moosentennial Edition)* ! Celebrate Rejuvenate Your Old Wazoo Day, Fiddle While It Burns Week, Defunct Skunk *(out of odor)* Day & over 400 more inspiring famous holidays that nobody ever heard of before! ALSO: loveliest disasters of 1976! SEE: Militant Armadillos Seize Pentagon, Terrorist Snails Catch Up With & Mutilate U.S. Postal Service, etc, etc! Also Poor Wretched's Almanac, a fun contest & oodles more. Year-long family fun for only $2.50 *(too cheap!)* 3 for $7 (+20c each shipping). Great stocking stuffers, happy gifts, a color crazy 11 x 17" unfurled. Wretched Mess, Rt. HG21 W. Yellowstone MT 59758.

P.S. Send a puny 21c for our brand-new Wretched Mess Gift Catalog.

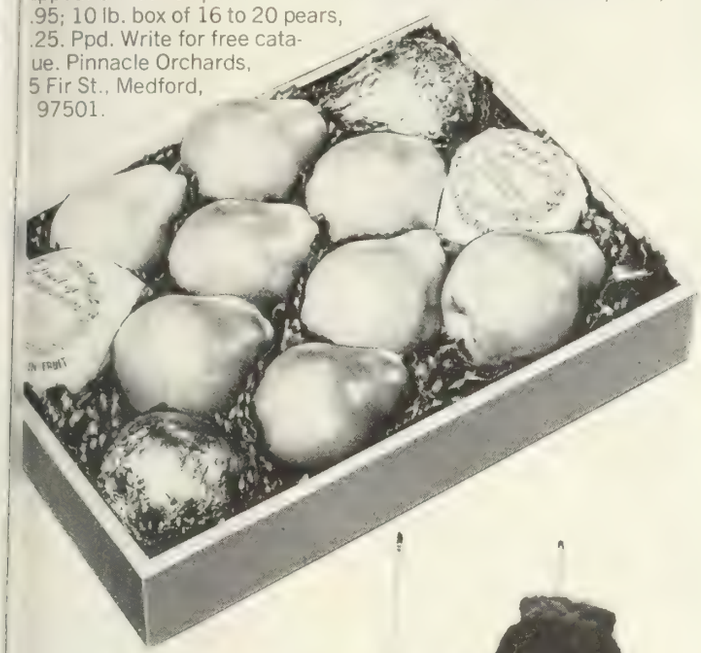


COZY GOOSE DOWN

The bootees you'll treasure when temperatures dip. Ideal for camp, cabin, car, home or travel. Expedition rip-stop nylon uppers, calfskin leather sole. Navy blue or red. Specify 0146 men's, 0149 women's shoe size when ordering. $17.50 ppd. Write for free catalogue. Eddie Bauer, Dept. CH3, 1737 Airport Way S., Seattle, WA 98134.

)MICE PEARS

)wn in Oregon's fertile Rogue River Valley. Hand-picked for fresh, amy texture, juicy rich flavor. Carefully selected, individually apped. Christmas packs in two sizes: six lb. box of 10 to 14 pears, .95; 10 lb. box of 16 to 20 pears, .25. Ppd. Write for free catalogue. Pinnacle Orchards, 5 Fir St., Medford, 97501.

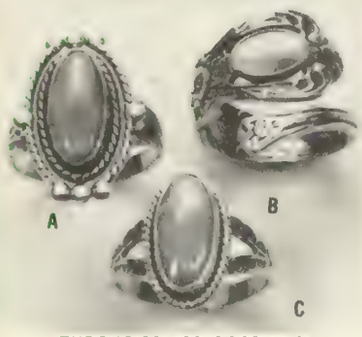




CHRISTMAS ALOHA

Hand-crafted ornaments from Hawaii. The coco cherub in coconut fibre with Hawaiian nut head, yarn hair, 3¼" h. and angel in print muumuu with cork head, cane halo, 4½" h. Each $3.50, three for $9. Creche scene, Hawaiian tapa, cork and shells with 3-cone lambs and carved coconut stable, 5½" h. $14. Ppd. Aloha East, Dept. HG8, Box 12098, Seattle, WA 98112.

INDIAN LEGEND



TURQUOISE FOR GOOD LUCK

A. Sterling Silver & genuine turquoise. (Sizes 4-9) **$10.50**

B. Sterling Silver spoon ring w/genuine turquoise. Adjustable. **$12.95**

C. Sterling Silver & genuine turquoise (Sizes 4-9) **$8.50**

Satisfaction guaranteed! Send 50¢ for 68 page catalog of jewelry, clothing & leather goods.

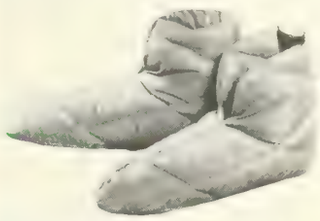
WESTERN GENERAL STORE

Dept. HG-11
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Opportunity, WA 99214



GOOSE DOWN BONNET

Eddie Bauer Goose Down Bonnet is smartly styled to flatter your face, warmly insulated with fluffy Goose Down to protect your head, ears and neck. Visor keeps snow off your goggles and sun out of your eyes. Colorful, durable Nylon taffeta. **Colors:** Medium Blue, Dark Blue, Red, Green, Brown. **Sizes:** S/M/L. **0147** Bonnet **$12.95** ppd.



GOOSE DOWN SOX

Will keep your feet warm in sleeping bag or bed; as inner sox for insulated pacs or waders. Downright comfortable travel slippers. Bauer Goose Down quilted in tough, washable Nylon taffeta. **Colors:** Red, Winter Blue, Taupe, Powder Blue. Specify shoe size and we will send the proper fit. **0123** Goose Down Sox **$9.95** ppd.

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☐ Send me FREE your color catalog of over 1200 great outdoor products.

Eddie Bauer

Dept. CHG, 1737 Airport Way S., Seattle, Wa. 98134

For people who are still individuals...



the Irish country hat

Each Irish country hat is handcrafted with pride by skilled artisans on the wild, western coast of Ireland. These hats are created by individuals, not production lines. Each is designed to become an extension of your own personality.

Shape your Irish hat to suit yourself.

The style of your hat can say a lot. That's why the Irish hat leaves the final shape up to you.



Benedict Boullet, Paris, France



Peter Christian, London, England

The hand-woven tweed is extra thick and fully lined in the crown. It sheds rain, protects from the the wind, and can give you a comfortable shade from the sun.

Choice of colors and wide range of sizes for men and women.

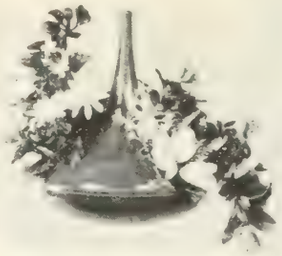
Irish country hats are available in distinctive gray or brown tweed mixes. **Men's:** (No. 1200B) sizes 6½-8. **Women's:** (No. 1219) sizes 20¼-25 . . . . . **$16.50 ppd.** You have full return privileges.

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Order **Toll Free** anytime 800 547-6712 (Excluding Oregon, Hawaii, & Alaska)

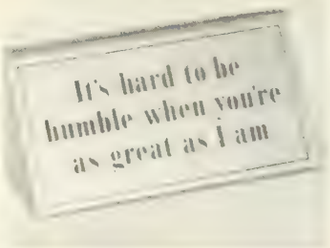
Irish hat(s)	qty.	size	color
Men's 1200B			
Women's 1219			

☐ Check enclosed. ☐ Charge to my BankAmericard. ☐ Master Charge. (Include all raised letters and numbers on card.)
Card #_____
Signature X_____
☐ Send free color catalog. *"Escape from the [illegible]"*
Name_____
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COSMIC PLANTER

Styled after Apollo space ships, unusual polystyrene planter is in red, amber or green (specify). To hang or stand; 7″ dia., $4.95; three, $13.95; 10″ dia., $7.95; three, $21.95. Ppd. Catalogue 25c. Mandy-Laine, Inc., G, Box 55000H, Miami, FL 33155.



LOUD AND CLEAR

Gold-colored metal desk plaque proclaims in black lettering: It's hard to be humble when you're as great as I am. No false modesty or is it ego-assuaging? 4″ x 4″ solid walnut. $2.98 plus 25c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



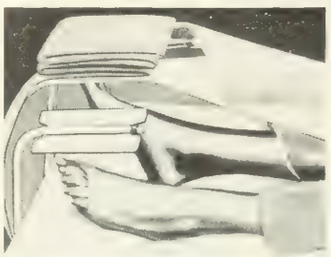
LOW FAT REDISCOVERY

All who are on low fat or slimming diets are delighted to discover the original clay pot that cooks meat, vegetables and fruit in their own juices to preserve natural flavor, vitamins. Recipe booklet incl. $18.95 ppd. Concho, 416 Main St., Port Washington, NY 11050.



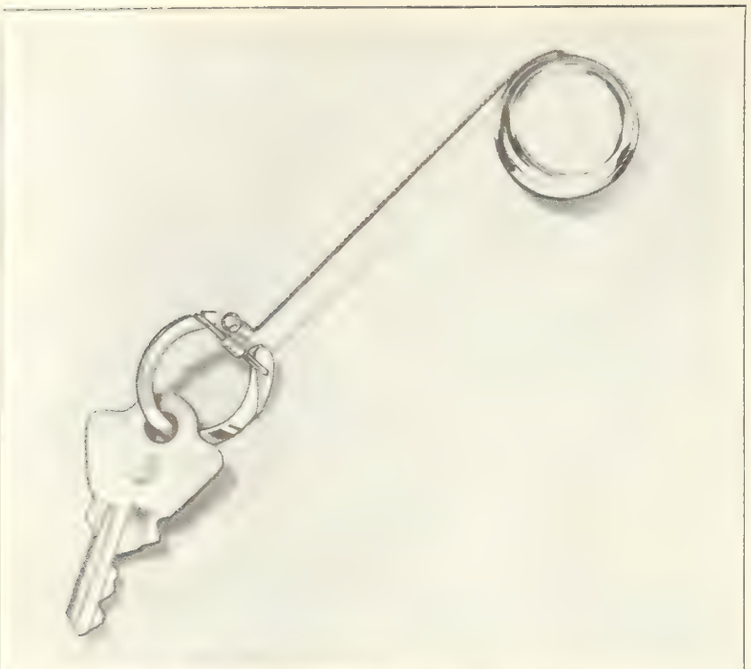
TREE FOR EARRINGS

Pierced earrings are the easiest things in the world to lose track of. Then too, wires tangle, post backs slip off if placed in boxes or bureau drawers. Brushed golden flower tree corrals a collection of up to 18 pair. 6″ h. $6.95 ppd. Gift House, H115, Box 805, Clifton, NJ 07013.



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The most practical Key Holder yet devised. Reel-ly handy holder works with ease. Eliminates hunting and fumbling for your keys. Reel clips inside purse. Keys pull out easily to be used and then automatically rewind back into case. Wonderful way to stop losing your keys.

#710 PURSE KEY REEL ..... **$2.98 + 20¢ Mailing**

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Satisfaction Guaranteed or Your Money Back

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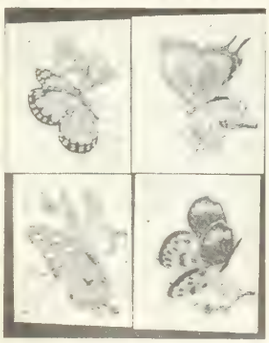
RURAL AMERICA TODAY

As seen and captured by artist-architect Peter Warner. Prints of original sepia (brown) pencil sketches matted 18″ x 14″. Signed and numbered by the artist. Each print limited to 750. Available directly from the artist (only) @ **$15** each or 2 or more for **$12.50** each. Mailing included. Identify choice(s).

PETER WARNER
Route 7, Box 219, Durham, N.C., 27707



BUTTERFLY BATIK PRINTS



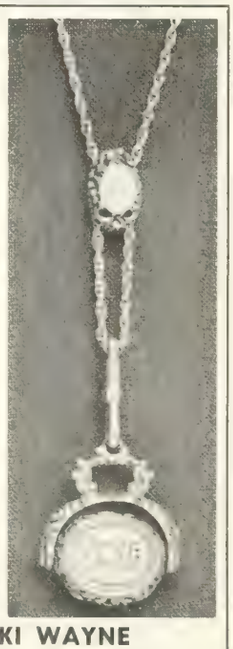
"If I would try, and if I could fly. I would want to be a butterfly". Four beautiful 9 x 12″ masterpieces of butterflies, wings unfurled, in full color, savoring the nectar of gorgeous flowers. Printed on finely grained art paper. Ideal for a child's room, kitchen, den, a favorite hallway. Mount as they are, frame or decoupage. Each is different. Great "little" gift for all occasions.

Set of 4 Only $1 + .35¢ pp.

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CADLYN'S Dept. HG 11
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VICTORIAN SLIDE NECKLACE

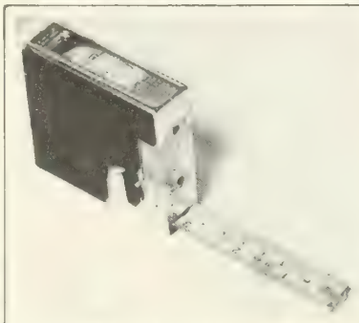


A beautifully detailed reproduction of an heirloom piece. Unusual link chain has slide with genuine cameo. Remove spinning fob and wear Grandpa's old watch on chain. Antique finish gold plate. 28" long.

$7.90

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FOUR MEASURES IN ONE

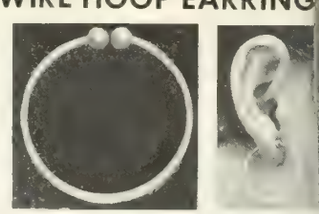
A precision crafted French ruler accurate enough for checking architect's plans. Chrome plated metal upholstered in black leather. This spring-loaded 10 foot rule gives centimeters as well as inches. Useful! It's a square. It's a level with built-in bubble gauge. It scribes lines, draws circles. A luxury gift for anyone from the handyman of the house to the graduate engineer!

#2003 Four Way Ruler **$13.95**

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Solid Gold Choice for
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SLIP ON FOR PIERCED EAR LOO

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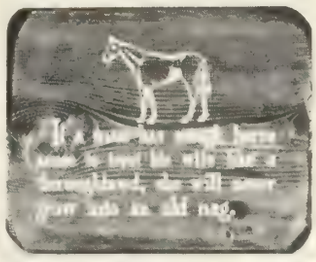
GRACEFUL TILT-TOP

Yield House's graceful colonial table locks down for serving or tips back against the wall as a decorative highlight. Solid pine in rich antique satin or ready to finish. 24" dia., 26" h. Finished, $37.50; ready to finish, $27.50; $2.50 post. Yield House, G511T, N. Conway, NH 03860.



THOUGHT PROVOKER

"If a man has enough horse sense to treat his wife like a thoroughbred, she will never grow into an old nag" is lettered on polished Rocky Mt. Ponderosa Pine, 11½" by 9½" by ¾". Self hanger. $4.95 plus 50c post. Catalogue, 25c. Postamatic Co., HG 1175, Lafayette Hill, PA 19444.



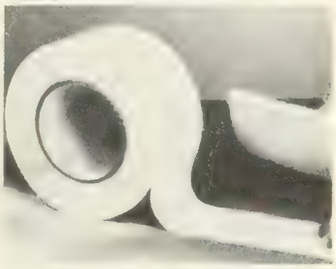
PATRIOTIC TUNES

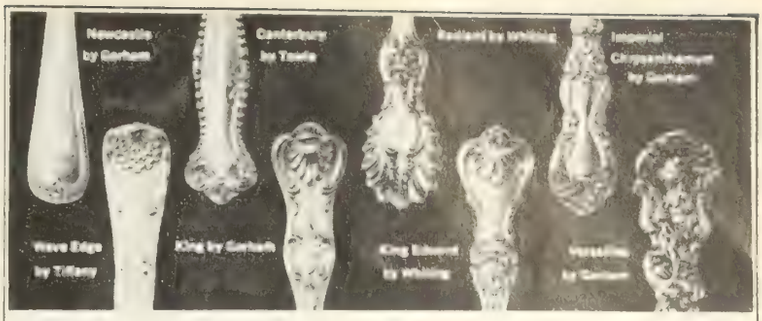
Adorable doll classics take patriotic stances on 6" h. music boxes. The flag-maker plays "Grand Old Flag;" the drummer marches to "Yankee Doodle Dandy." They're in red, white and blue ceramic. Each $13.95 ppd. Phyllis, Dept. HG115, Fifth Ave., New York, NY 10017.



CARPET TAPE

Double-faced adhesive vinyl tape for rugs and carpets at the pool, patios and porches. 1½" wide, it is easy to apply; re-usable. Prevents skids or falls. Waterproof to withstand splashing. 12' roll $1.98 plus 25c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.





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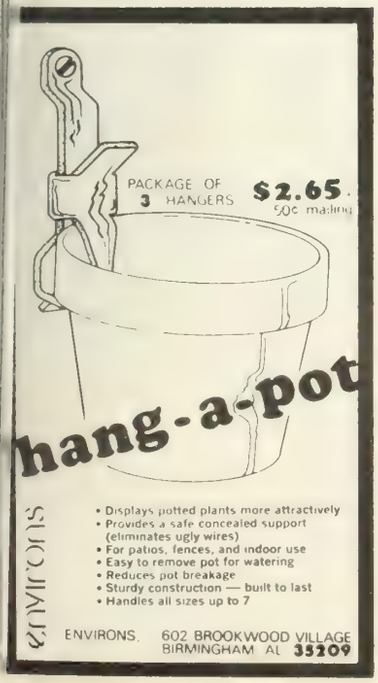
Free brochure available upon request

GLASS TERRARIUM GARDEN



Grow a beautiful luxuriant garden in miniature. Arrange these unusual woodland plants and create your own mini-landscape. Needs no care, winter or summer, because it produces its own water supply. You receive Red Partridge Berries, tree-like Ground Pine, Club Moss, palm tree-like Pipsissewa and carpet-like Sheet Moss. They will make a beautiful centerpiece. These plants will make the perfect gift. **$2.95** plus 40¢ postage.

DEB-CO., 5237 W. Gladys, Chicago, Ill. 60644



Chamois Shirt



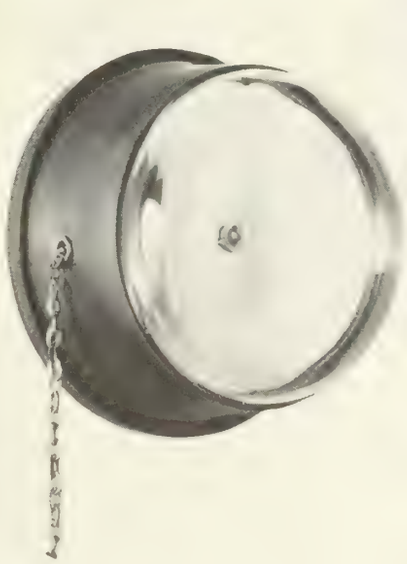
Rugged shirt made of medium weight 100% cotton Chamois Cloth, napped both sides. Shirt tails of generous length. Two pockets with button-down flaps. Lock stitch sewing throughout. Minimal shrinkage if laundered according to label. Shirt has fine workmanship and styling throughout. Satisfaction Guaranteed. Colors: tan, blue, red, green. Men's sizes S M L XL

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☐ Enclosed find $1. Send your complete color catalog of outdoor equipment, clothing and accessories.
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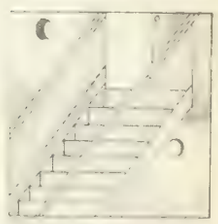
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Seasonal design sure to please the collector. Of solid brass in traditional grabado finish. Santa's suit is enameled red, his belt and boots black, his beard snow white. #3999. Import from Spain. $2.98; two $5.85 ppd. The Sewing Corner, HG11, Whitestone, NY 11357.



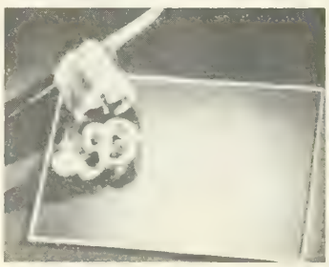
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Now he sees it, now he doesn't—that intelligent cat you know will love playing "mouse in the hole." The mouse is an elusive ball that will entertain him for hours. Blue plastic; 6″ dia., 3″ h. $3.95 ppd. Catalogue, 25c. Suburbia, Inc., Dept. 395, 366 Wacouta, St. Paul, MN 55101.



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Clear Lucite cutting board that saves surfaces from scratches while you slice, chop or carve. Dishwasher-safe, heat-resistant, 8″ by 11″ $2.50; 12″ by 16″ $3.95; 14″ round $5.98. Ppd. From Colonial Garden Kitchens, Dept. HGE11, 270 W. Merrick Rd., Valley Stream, NY 11582.



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Your three line message or name and address in red on white gummed labels with green holiday tree design. Choose "Season's Greetings" or "Merry Christmas." Less than 2c apiece! 250 labels, $1.50 ppd. W. Yarbrough, HG-C, 5768 Venice Blvd., Los Angeles, CA 90019.



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Natural woods are treated and shaped into graceful figure. Four Birds in natural branch, two birds in her arms, one bird in folds of bottom of gown.

Approx. 12½″ long. $11.00 plus postage.

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Handprinted . . . Luxurious . . . 100% absorbant Cotton Terry! Colorful Red White & Blue enhances the beauty of your home . . . Perfect with all decor. Not Available in stores . . . ideal for gifts! Limited time only!

Hand Towel (15″ x 27″) .... **$ 4.95**
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Set A—2 washcloths, 1 hand, 1 bath—Reg. - $16.00 (Save $1.00)—$14.95

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CHOPPING BLOCK



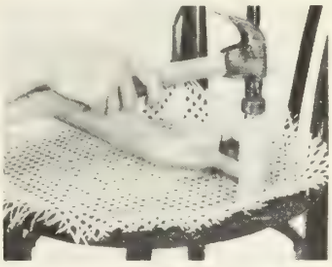
Professional-style, it's end-grain maple, laminated and dovetailed. 34" h. 18" x 18" x 12", $133; 18" x 24" x 12", $160; 24 " sq. x 12", $185; 24" sq. x 16", $205; 30" sq. x 16", $285. Exp. coll. Catalogue $1. J & D Brauner, Inc., HG11, 1331 So. Michigan Ave., Chicago, IL 60605.

MONEY TALKS



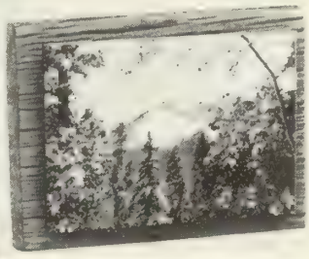
Let it show his business card, company trademark, special logo or lodge emblem. It can be etched on a heavy sterling clip if you send the card you want reproduced or exact design and lettering. $22.98 plus 50c post. Holiday Gifts, Dept. 311-J, Wheat Ridge, CO 80033.

NATURAL



A cane kit that includes sheets of cane and complete instructions for repairing grooved chair seats, room dividers, what have you. Square cane sheets in three sizes: 12", $6.75; 18", $10.25; 24", $14.75. Ppd. Catalogue, 25c. T.I.E., HG11, Box 1121, San Mateo. CA 94403.

MOUNTAIN VIEW



Snowy Pikes Peak in full color and framed by golden aspen leaves is mounted on authentic weathered barn wood 7½" by 5½". A charming memento to treasure for years. $12.95 plus 95c post. Spear Engineering Co., Dept. 2093, Box 7025, Colorado Springs, CO 80933.

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Handy little comb strokes out mats, pills and balls from napped fabrics in seconds. Use it on sweaters, shawls, any knit. May be used on fabrics of man-made fibers. $1.98 plus 20c post. Order D-Fuzz-It from Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.

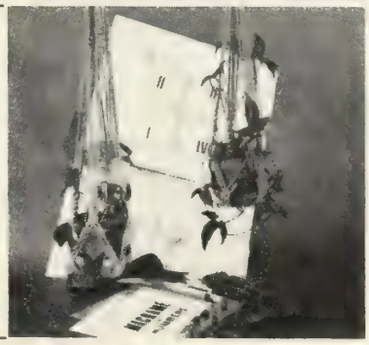


SKETCH KIT

Aluminum instrument combines the features of a T-square, triangle, ruler & protractor. Mounted in leather-grained vinyl binder with pad of 8½ x 11 paper and pencil. Always ready to put your ideas on paper yet weighs less than 2 lbs. Packed in white carton to make a lasting practical gift. $13.90 ea; 2/24.90. Ppd. no COD pls.

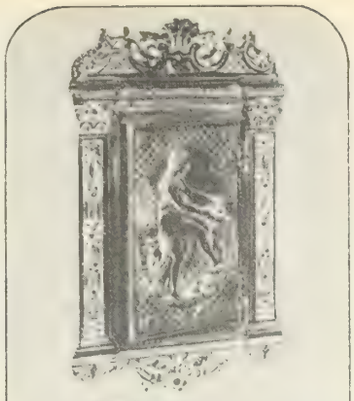
DRAFTETTE COMPANY
attn. Peggy Austin
Box 895, HEMET, CA. 92343

MACRAME WITHOUT LESSONS!



This kit contains **all** the materials and instructions (including a unique numbered pattern sheet) necessary to make TWO 4' macramé and bead plant hangers. It's fun to DO-IT-YOURSELF and **decorate** your home with hanging plants! Perfect even for beginners and makes a great **gift. $10.95** ppd.

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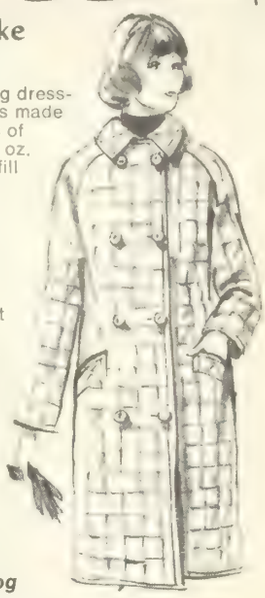
$20.00
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Satisf. Guar. $10 dep. on COD

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Johnny Appleseed's

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Your neeedlepoint will bring this graceful, tawny leopard to life. The mosaic stitch background adds an interesting, textured effect. Kit includes design in color on 12" x 28" interlock canvas with 12 mesh per inch, Persian yarns to work design in tawny browns and gold and jungle green background, needle and directions. Finished size: 10" x 24". (frame not included).

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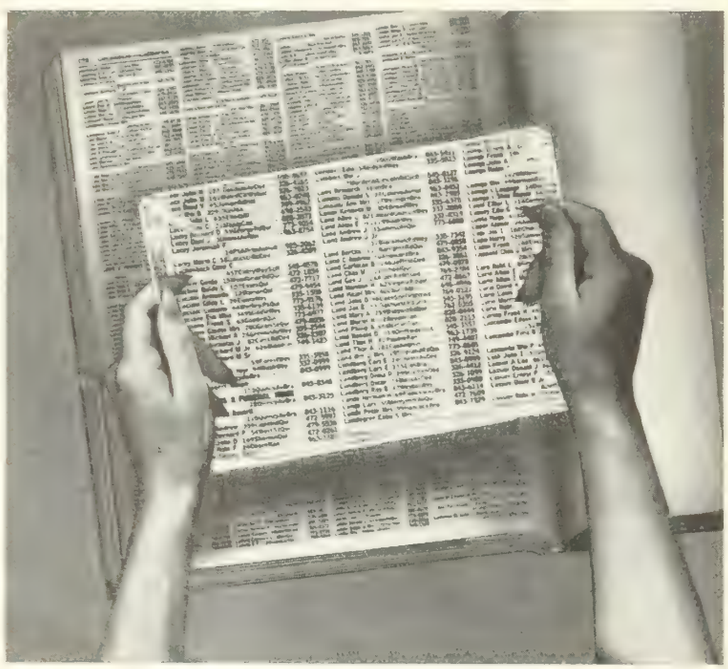
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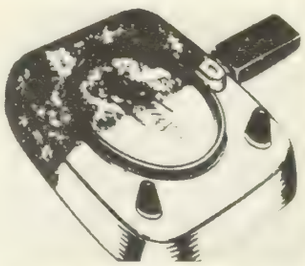
BIRD NEWS

The Rhode Island Birdfeeder, a streamlined cylinder of soft, transparent shadow-gray acrylic. Impact, weather-resistant, long lasting. Hang singly or in groupings. 13″, $13; 19″, $17; 24″, $21 plus $1 post. Matrix Inc., HG11, 32 Metacomet Ave., E. Providence, RI 02916.



HIGH TIME

Tall clock, 7′ h., is in solid n tive America black walnut. 1(w., 16″ d. Choos it in kit for (movement dials and nume als available $149 exp charges co Free brochur also has finishe styles. Serie 235; fully gua anteed. Vikin Clock, HG11, Vil ing Bldg., Foley AL 36535.



POT PRETTIER

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Collection of postage stamps on theme of famous women: queens, heroines, First Ladies, other celebrities. Other stamps to examine free, plus 40-page catalogue, buy any or none, return balance, cancel anytime. 10c ppd. H.E. Harris, F-6, Boston, MA 02117.



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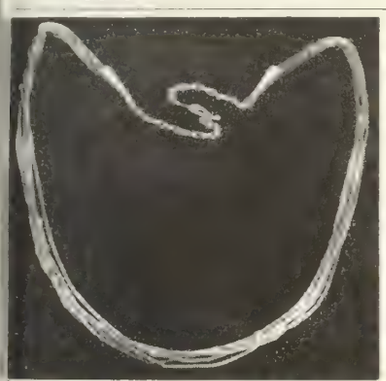
Magic Silver Leaf goes in the dishpan, or sink, and safely cleans silver as you wash dishes. No rubbing, no boiling. Keeps silver shining bright and tarnish-free. Safe for finest silverplate and sterling. Odorless and non-toxic. Lasts a lifetime, never wears out.

SILVER LEAF . . . . $3.98 + 25¢ Mailing Each

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Same with perfect precious turquoise spaced between silver tube beads $59

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COLBY'S Dept. HG-115

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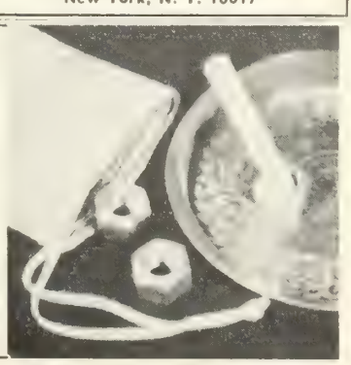
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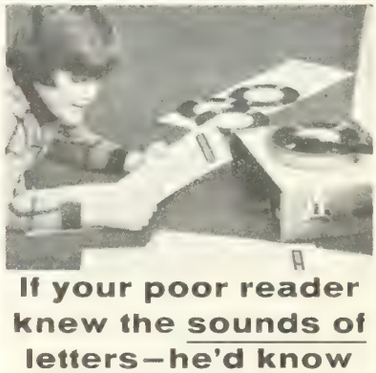
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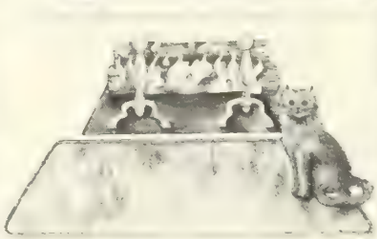
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es 94-95:
lecloths
dle photo left and lower left, **anche" cotton fabric:** 54" wide, repeat; photo upper left corner, **Feuille" cotton fabric:** 54" , 47⅞" repeat; middle photo round es and lower right close-ups, **ve" cotton fabric:** 54" wide, 1" at: patchwork cloth middle photo **"Pomme" cotton fabric:** 54" , 5¾" repeat. All fabrics $10.15 a All from the "Collection La Ronde" gned by Yves and Michelle Halard Hexter at Lord & Taylor.

OMS THAT GIVE A LIFT
es 102-103:
peting designed by Manuel Canofor Harmony Carpet*, $52 a lineal

onor" glazed cotton chintz: wide, 43½" repeat, designed by nuel Canevas for Brunschwig &

SSERTS
es 126-127:
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ersailles" crystal champagne te: by J. G. Durand. $4.
atima" crystal champagne flute: zs., $10.50 each. By Block. At Marll Field.
om Pérignon" champagne te: 9¼" h. $14.50. By Baccarat. **athleen" continental champgne flute:** $14 each. By Waterford ass. At B. Altman.
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"Williamsburg Queen Anne" sterling dessert fork: $98.48 per 6-piece setting. By Stieff. At B. Altman.
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"Botticelli" sterling dessert fork: By Oneida Silversmiths. At Fortunoff.
"Torse White" dinner plate: $44.95 per place setting. By Haviland. At Cardel.
"Whitepot" dinner plate: $34.50 per 5-piece setting. By Royal Copenhagen Porcelain. **"Old English Tipt" sterling dessert fork and spoon:** $71.25 per 4-piece setting. By Gorham. At B. Altman.
"Doccia" porcelain dinner plate: 5-piece setting, $22. At Ginori Fifth Avenue.
"Olympia" porcelain dinner plate: $37.50 per 5-piece setting. By Lenox. At B. Altman.
"Independence" ironstone dinner plate: 20-piece service for 4, $39.50. By Franciscan China. At B. Altman. **"Wedgwood White":** $35 per 5-piece setting. By Wedgwood. At B. Altman.

WINE & FOOD
Page 129:
Bistro wine glass: 6 for $7.50. Bailey/Huebner at Henri Bendel.
Stainless flatware: $15 per 5-piece setting. At Carole Stupell.

Building Facts

Materials and equipment in the house on page 120

:CHITECT: Hugh Newell Jacobsen
TERIOR DESIGNER: Hugh Newell Jacobsen
NDSCAPE ARCHITECT: Hugh Newell Jacobsen
)NTRACTOR: Floyd L. Culler, Inc.
ZE OF LOT: 18 acres

TRUCTURE
oundation: Concrete footing and undation walls.
raming: Wood rafters with structural steel in roof, brick masonry walls, oncrete floors.

XTERIOR OF HOUSE
Exterior walls: Concrete block faced ith brick.
Exterior finish: Masonry walls and ood fascia painted with white flat aint by Glidden-Durkee, Div. SCM Corp.
Roof: Black mineral fibers by Johns-Manville Corp.
Insulation: Aluminum foil glass fiber batts.
Windows and exterior doors: Fixed ¼-inch-thick polished plate glass panels by PPG Industries, Inc.; sliding glass doors by Mildor; automatic motorized garage doors with overhead flush panels by Crawford Door Division of the Celotex Corp.
Interior walls and ceilings: ½-inch-thick dry wall, gypsum wallboard with metal stops by United States Gypsum Co.
Floors: In major rooms and baths, slate by Buckingham; in kitchen,

INTERIOR OF HOUSE
slate by Buckingham and tile by Armstrong Cork Co.
Lighting fixtures: In living room, pinhole lights by Kliegle; recessed downlights by Lightolier, Inc.; all other downlights and wall washer fixtures by Edison Price, Inc.
Hardware: White porcelain knobs on interior doors custom made; brushed aluminum lever handles on exterior doors by General Locks.
Fireplace: Brick masonry fireplace with damper by Donley.
Intercom system: NuTone Div., Scovill Mfg. Co.
Kitchen and bathroom cabinets: Painted plywood construction with flush Formica-faced doors, custom built.
Kitchen and bathroom countertops: In kitchen, custom built butcher block and stainless steel on island unit; all other kitchen countertops, Formica; in bathroom, Corian by Dupont.
Plumbing fixtures: In master bathroom, wash basin by Kohler Co.; corner water closets by Eljer Plumbingware Div., Wallace-Murray Corp.; all other bathroom fixtures by American-Standard; fittings by Speakman; kitchen & laundry sinks by Elkay Mfg. Co.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Oven and range by Thermador, Div. of Norris Industries; dishwasher and food waste disposer by Kitchen-Aid Div., Hobart Corp.; exhaust fan by Tradewinds.
Heating and cooling system: Forced air.

HOUSE & GARDEN GREAT AMERICAN IDEA CENTERS

In every issue from now through December, 1976 you'll see a special selection of things for the house that House & Garden has chosen as a salute to the Bicentennial celebration, things you can buy at The House & Garden Great American Idea Centers in the following stores across America. For the sixth in the series, Desserts, please turn to page 126.

Alabama
Birmingham — Pizitz

Alaska
Anchorage — Nerland's
Fairbanks — Nerland's

Arizona
Phoenix — Goldwater's

California
Los Angeles — The Broadway
San Francisco — Liberty House

Colorado
Denver — May-D&F

Connecticut
Hartford — G. Fox

District of Columbia
Washington — Woodward & Lothrop

Florida
Miami — Burdine's
Tampa — Maas Bros.

Georgia
Atlanta — Rich's

Hawaii
Maui — Nerland's

Illinois
Chicago — Carson Pirie Scott

Indiana
Indianapolis — L.S. Ayers

Kentucky
Louisville — Stewart Dry Goods

Louisiana
New Orleans — D. H. Holmes

Maryland
Baltimore — Hutzler's

Massachusetts
Boston — Jordan Marsh

Michigan
Detroit — J. L. Hudson

Minnesota
Minneapolis — Dayton's

Missouri
Kansas City — Edward Keith
St. Louis — Stix, Baer & Fuller

Nebraska
Omaha — J. L. Brandeis

New Jersey
Newark — Hahne & Co.

New Mexico
Albuquerque — American Furniture

New York
Brooklyn — Abraham & Straus
Buffalo — Adam, Meldrum & Anderson
New York — B. Altman & Co.
Rochester — Sibley, Lindsay & Curr

North Carolina
Charlotte — Ivey's

Ohio
Akron — O'Neil's
Cincinnati — Shillito's
Cleveland — Higbee's
Columbus — Lazarus
Dayton — Rike's
Toledo — Lasalle's

Oklahoma
Tulsa — Froug's

Oregon
Portland — Heier & Frank

Pennsylvania
Ardmore — O'Neil & Bishop
Philadelphia — Strawbridge & Clothier
Pittsburgh — Kaufmann's

South Carolina
Greenville — Ivey's

Tennessee
Knoxville — Miller's

Texas
Dallas — Sanger Harris
Houston — Joske's of Houston

Utah
Salt Lake City — Z.C.M.I.

Virginia
Richmond — Thalhimer's

Washington
Seattle — The Bon Marché
Spokane — The Crescent

Personal parties *continued from page 99*

cards, cash, and checks if you would keep it private.

When you are a visitor away from home and wish to entertain in your own right, check out with your own club to see if it has reciprocal privileges with a local club or arrange with friends to "borrow" their club, an exemplary way of handling an out-of-town parents' wedding rehearsal dinner.

If you are planning to use hotel facilities, a suite perhaps, give your hotel party your own touch and "do" some of the food yourself, shopping the nearest gourmet bazaar for crackers, cheese, and goodies of your choosing. Then order hors d'oeuvres typical of your own region, eschewing those ubiquitous, international nothings. Bring specialties from your part of the country to the party—Northwestern salmon, Downeast lobster, Southwestern Mexican tidbits and dips, Midwestern pasties.

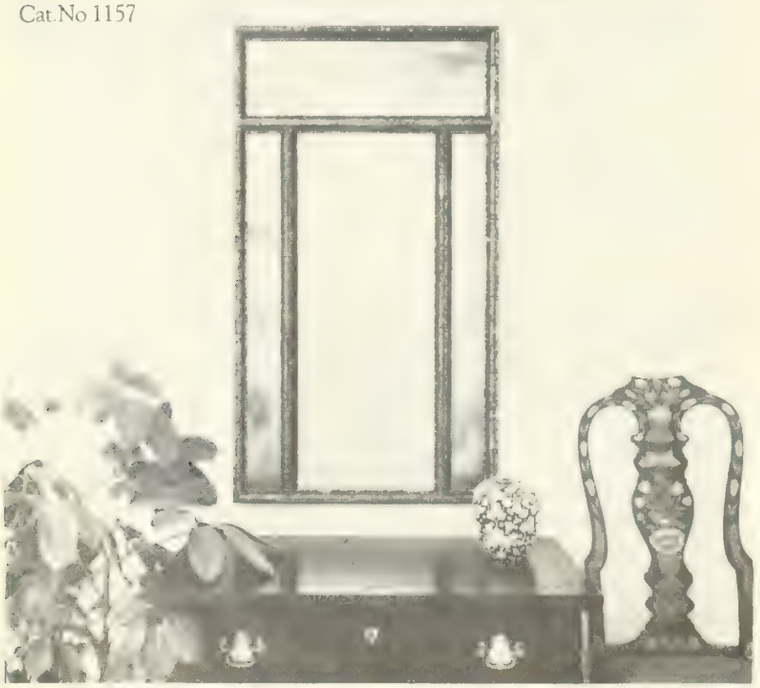
Naturally the type of place you choose will determine the kind of party you give but for a memorable *you-can't-do-it-yourself-at-home* private party in a public place, give a good Chinese chef a free hand with a Chinese banquet, a rare treat. ■



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Building and Remodeling

1. ENDLESS SUMMER in Everlite Aluminum Greenhouses. Twenty-seven-page booklet gives information on eight models, both lean-to and freestanding. They come in sections to meet any space need, along with accessories, like temperature controls and shelving.

2. NEW IDEAS WITH WOOD WINDOWS. Pella Rolscreen windows and doors are as beautiful as they are easy to maintain. Colorful booklet illustrates how Pella designs add charm and style to any house.

Decorating

3. "CARLETON VARNEY'S ALPHABET OF DECORATING IDEAS." Delightful, easy-to-follow booklet by well-known fabric designer and decorating authority has pages and pages of creative suggestions on how to refresh any room in your house. The accent piece in many settings—mirrors. Basset Mirror Company, Inc. $1

4. HEIRLOOM QUALITY FURNITURE crafted of solid pine that captures the spirit of Early Americana with fresh imagination is shown in a color brochure from Vermont Furniture. Brochure gives you a glimpse of the Bennington Pine collection for living room, family room, dining, and bedroom. 25c

5. FURNITURE FOR INDOORS AND OUT . . . is shown in full-color photographs in Meadowcraft's consumer catalogue. Choose from a variety of dining and lounging collections. 50c

6. "FIREPLACE IDEAS"—16-page full-color booklet shows a large selection of firescreens and accessories to beautify both hearth and home. Lovely room and fireplace settings show both mesh and Glassfyre screens in 26 metal finishes. Included are tips on choosing the correct screen. Portland Willamette Company. 25c

7. THE SURE WAY to add color to a home is with flowers. Teleflora's 12-page booklet, "Color Alive! Instant Decorating With Flowers," has ideas for every room. Compiled with the cooperation of House & Garden. 50c

8. OUTDOOR FURNITURE th[at] has long been the choice of clubs, h[o]tels, and resorts is now available to y[ou] from the Tropitone Furniture Co., In[c.] Delightfully illustrated color catalogu[e] gives you an inventory of the variou[s] styles and colors available. $1

9. HANDPRINTED MURALS. Br[o]chure shows you many of the lovel[y] hand-printed wall murals designed b[y] the distinguished artist Fred R. Kaze[l]wadel. These murals give an illusio[n] of spaciousness, filling rooms with th[e] loveliness of near and distant views. Richard E. Thibaut, Inc. 15c

10. EXCLUSIVE COLLECTION Two handsome hardbound volumes to[-]taling 402 pages plus a separate index by living area and item show the entire collection of Baker classic furniture for the living room, bedroom, and dining room. Baker, Knapp & Tubbs. $15

11. ". . . HOW TO HANG WALL-COVERING WITHOUT CRACKING UP" is a delightfully informative brochure illustrating W. R. Grace wall-coverings and how to put them up. Step-by-step instructions tell you how to do a quick, clean, professional-looking job in any room in your house.

12. INFORMAL FRENCH FURNITURE—Henredon's Four Centuries. Warm. Distinctive. Elegantly informal. An ultimately livable collection of dining room, bedroom, occasional, and upholstered furniture in the French country style of the 17th and 18th centuries. Style numbers given. $1

Eating and Entertaining

13. EXPRESS YOURSELF WITH DECORATIVE TABLE SETTING IDEAS shown in this booklet. Follow simple directions for creative American settings. Use them as a starting point for your own imagination. Easy. Fun. Yours from the Pflatzgraff Co., manufacturers of stoneware and coordinating metalcrafts.

14. NEW '76 CUTLERY CATALOGUE from Gerber Legendary Blades is packed with the most up-to-date designs from the master knife-makers. Whether it is a paring blade, a kitchen knife, or a carving set, Ger-

ıer's got something for every kitchen. ... illustrated from cover to cover, ... catalogue features Gerber's entire ... plus other important tips.

5. "COOKING 'DUTCH' WITH CALORIC" contains over 550 time-ested Pennsylvania Dutch recipes, rep-esenting hundreds of years of cooking xperience. Some of the recipes origi-ıate from the time of earliest immigra-ion to the "New Land." Most of the ecipes utilize readily available ingre-lients, such as eggs, meat, and veg-tables. "Fresh from the farm" cook-ng! Caloric Sales Corporation. $3.50

Potpourri

16. CLUB CATALOGUE. Legacy offers a catalogue showing fine sterling silver, china, and crystal plus exciting items in diamond jewelry and gold and sterling jewelry. Catalogue charge is refundable with the first order. Legacy offers its own special payment plan. $2

17. HOW TO CARE FOR YOUR INTERIOR FABRICS (carpets, rugs, upholstery, draperies) is outlined in a 13-page pamphlet fom Patcraft Mills. Removal methods for almost every spill, spot, and stain listed.

18. "UNIQUE GIFT CATALOGUE." The Smithsonian Institution's first Christmas catalogue features cards and gifts for every taste. Many of the items shown have been made especially for the Institution and are based on artifacts in the collections of this renowned institution. 25c

19. STEREO AND TELEVISION IN FINE FURNITURE CONSOLES. Colorfully illustrated brochure shows and tells everything you need to know about decorating with stereo and television consoles. Contains a wide range of console styles and equipment selection, plus photos showing how to turn any room in your house into an attractive, comfortable home entertainment center. Magnavox. $1

20. HIGH FIDELITY SOUND. Informative booklet describes JBL's complete line of high fidelity loudspeaker systems designed for the home. The systems feature hand-rubbed finishes, professional quality components, and range in size from small shelf models to large floor-standing systems. James B. Lansing Sound, Inc.

21. ELASTIC HOSIERY . . . what it is, who needs it, and what it does is clearly described and illustrated in an informative booklet from the Kendall Company (Bauer & Black). Booklet explains the powerful compression this hosiery has and how it works in helping treat varicose veins, phlebitis and tired, swollen legs.

22. "DRIVING TOURS . . ." Informative booklet from State of Maryland Tourism gives you a brief but stimulating glimpse of Maryland. The nine driving tours described here offer the traveler an opportunity to experience Maryland—modern highways, back country roads, accommodations, which range from century-old inns to modern luxurious hotels. And not to be overlooked are the dining experiences that are world famous. 50c

23. CALL IT TELEVISION OR TV—Hitachi Corporation's 20-page, full-color catalogue shows a wide variety of 100 percent solid state black and white and color sets for every room in your house. Engineering features are outlined and individual models are illustrated. Factual descriptions and specifications accompany each style number.

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November, 1975

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The creative motif of this series is great churches of the world. This year, the theme is St. Peters in Rome.

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North Carolina rhododendron is a worldwide favorite

Early plant explorers in the Appalachian Mountains were overwhelmed at the sight of great expanses of rhododendrons that turned whole mountainsides pink in late spring. North Carolina's Catawba River flows through the area, so it was natural enough to name the plant *Rhododendron catawbiense*. Plants taken to Europe immediately caught the fancy of nurserymen and plant breeders.



A flower cluster of Catawba rhododendron, with a 6-foot-high plant of the modern hybrid, Scintillation.

The result of their selection a hybridization was a whole r race of shrubs, known ever si as Catawba hybrids. Hardy all way up into Canada, the Cataw are wind- and drought-resista long-lived evergreens with flow that range in color from pure wh to deep red. Modern, large-flo ered hybrids, like Scintillati *left*, have little of the Cataw strain in their ancestry, but reta the characteristic hardiness. O of the nation's leading rhododo dron nurseries is that of Warr and Susan Baldsiefen, on Lo Island, N.Y. Their catalogue actually a treatise on the growi of rhododendrons. The plants fered for sale are a selection of t very finest hardy varieties. Pri of the catalogue is $2, from Wa ren Baldsiefen, Box 88, Bellva N.Y. 10912.

Durable wooden plant tubs

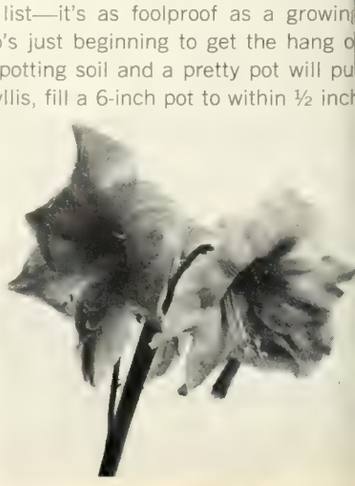
The wooden water tanks on top of city apartment buildings are made of wood for a very good reason. The natural product is more resistant to the attacks of wind and weather, heat and frost, than any man-made substance. What could be more suitable for planting tubs, then, than natural redwood? The Rosenwach Co., of Brooklyn, N.Y., has specialized in water tanks for many years and has recently expanded its operations to include plant tubs. These have a solid, but eminently civilized, look not to be found in any other kind of plant-growing container. Planted with petunias, impatiens, verbena, or other annuals for the summer, they stay imperturbably in place through the winter and are ready for the next season's planting as soon as they unfreeze in the spring. The Rosenwach plant tubs have a range in size from 18 inches in diameter to 72 inches, and they are available in two depths: 18 inches and 2 feet. A 24-inch-diameter tub, 18 inches deep is priced at about $105 in nurseries, garden centers and lumberyards across the country.

A picture book for discriminating gardeners

Any gardener who appreciates plants that are a cut above the averag will find his mouth watering after just a few pages of *Plants for Co noisseurs*, by Peter Coats (Bobbs-Merrill, $17.95). This is a House Garden book, assembled by the garden editor of the British House Garden. Mr. Coats has a well-deserved reputation as a designer gardens in the modern style, and has put his talent to work in takin and selecting this handsome array of pictures. In each of the garden shown, it is the plants that are emphasized, and all have been chosen t make a spectacular display, whether as shrubs, vines, groundcover, o border plants. The photographs are in color and black-and-white, an Mr. Coats has lucid words of explanation about each. It would be har to imagine a more appropriate gift for a gardener's Christmas.

Amaryllis is ideal to give or get at Christmas

Potted up and growing, an amaryllis bulb will be gratefully received by th brown-thumber on your Christmas list—it's as foolproof as a growin thing can be. For the gardener who's just beginning to get the hang o things, the dry bulb with a sack of potting soil and a pretty pot will pu him on his mettle. To start an amaryllis, fill a 6-inch pot to within ½ inch of the brim with whatever potting mix may be handy. Set the bulb with the bottom half in the soil, water well, and place the whole thing in a dark, not-too-warm place until the sprouting leaf is a couple of inches high, then bring it into a warm, well-lighted spot, keep watering, and the flower will appear in short order. Amaryllis seldom need repotting and seem to do their best when the pot is crammed with roots.


Midwinter blooming amaryllis

nd little w scoops

me to start thinking about The lovely white mulch—if the way you look at it—will th some of us almost any day Of course, we don't want n everywhere, particularly not lewalks, so clearing the stuff is part of every gardener's r work. Modern machinery ow removal is so efficient that y anyone can operate without d we have come particularly y on the Toro line of equip- for this chore. Toro's Snow weighs a mere 23 pounds, so be lifted up and down steps no bother. It has a 14-inch and power enough to toss now well away from the path cleared. The Snow Master is ger, more powerful machine will throw dry snow as far as eet—and has recently been cted to a series of tests in of both light and heavy fall. Rubber pickup blades on otor have been given a high y rating, seem to gather up snow as well as metal ones. Pup retails for $169.95; Master, $219.95, at all Toro chised dealers.

ne to bring useplants in the winter

seplants that have been out- s all summer should be given a rough treatment before they're ght indoors again. Give them a good shaking to remove dead leaves and whatever debris may have accumulated during the warm months. Scrub the pots vigorously with a stiff brush and a strong solution of Clorox—don't overlook the bottoms —to eliminate moss and algae and clinging snails and slugs. Turn the hose on them—with the nozzle turned down to fine but with full pressure—to wash away aphids and spider mites. Then let them stand on a sheltered porch or patio for a week or so before they go indoors. During this time, look them over carefully for insect pests—particularly white fly—that may remain, and spray as many times as may be necessary to make sure they're clean and bug-free before the final move indoors.

Modern design applied to a plant mister

Master Mister, in a bold new design, is a practical and efficient sprayer for misting plants or applying foliar feeding. It operates with one hand, leaving the other free for turning leaves or shaking off accumulating drops of water. Made of plastic, with an orange-colored base and white top, it is practically unbreakable. Two sizes of Master Mister are imported by Dynamic Classics, Ltd.: The smaller one, which holds 20 ounces of liquid, sells for $4.95; the larger, with a capacity of 36 ounces, is priced at $5.95. They're available by mail from Dynamic Classics, Ltd., 307 Fifth Ave., New York, N.Y. 10016.

26 easy little gardens



Small gardens complement the way we live nowadays. Space is limited practically everywhere, and so is the time we have to spend on garden chores. Gardening in small compass means gardening with a strong personal flavor—the smaller you get the more important every detail becomes. *House & Garden's 26 Easy Little Gardens* (Viking, $15.95) provides really intimate garden designs —each complete within its strictly bounded space. Each is photographed in full color, and there are detailed layout and planting plans. Don't copy the plans exactly, though —let them be a springboard for your own imagination. For a copy, send $15.95 plus 45c for postage and handling to Condé Nast Books, P.O. Box 3308, Grand Central Station, New York, N.Y. 10017.

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Our reproduction of John Goddard's classic grandfather clock of the 1760's faithfully follows his original case design. Even to the style of the shell motif, the blocked door, fluted Doric quarter colonnettes, and pleasing proportions.

It also has a Moon Phase dial that recalls the days when farmers relied on them to schedule planting and harvesting. And a triple-chime movement that echoes the ancient cathedral chimes of Westminster, Whittington, and Winchester.

Each clock's personalized, too, with two solid brass plates, one engraved with a registration number, the other with the owner's name and the purchase date.

See the new John Goddard in all its heirloom quality at a store near you.

Howard Miller Clock Co.
Barwick Division, Zeeland, Michigan 49464

Til Lykke America!



The Bicentennial Plate by Bing & Grøndahl

Bing & Grøndahl congratulates America on its 200th birthday! And in honor of the occasion, this oldest producer of commemorative plates created this one-time only edition.

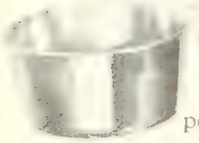
The focal point of this striking collectors' item is a magnificent reproduction of the American Bald Eagle. Circling this 9" plate are the names of the original 13 colonies—in rich 24kt. gold as are the stars, the Latin inscription and the two outer circles. And the entire motif is sculptured in relief and shaded with the famous underglaze blue that is the hallmark of Bing & Grøndahl.

Beautifully gift-packaged at $50.00, this American commemorative is a treasure. In more ways than one! Happy birthday, America! For the name of the store nearest you please write us. 225 Fifth Avenue, New York, N.Y. 10010.

BING & GRØNDAHL

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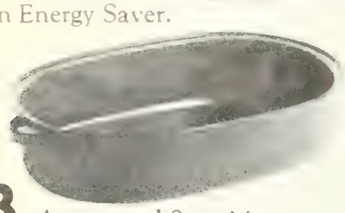
5 reasons your next dishwasher should be a KitchenAid.



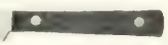
1. A Soak Cycle to clean crusty pots and pans.

2. Fan-circulated, hot-air drying that's safe for fine china and good plastics. Plus an Energy Saver.





3. A patented 9-position upper rack that lets you load big or odd-shaped items many other dishwashers can't handle.

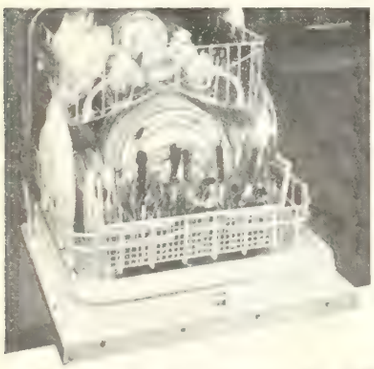


4. TriDura®, a 3-coat premium porcelain-on-steel interior that detergents can't fade and knives and forks can't scratch.



5. A heavy duty ½ hp motor that will stand up under hard daily use. So tough, it's warranted for 5 years. If the motor should fail during the first year, it will be repaired or replaced without charge; during the next four years you'd pay only for labor.

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HOUSE & GARDEN

INCORPORATING **LIVING** FOR YOUNG HOMEMAKERS)

VOL. 147 NO. 12



SUSAN WOOD, EMERICK PRONSON

ON THE COVER: Lined with a painted summer sky, a back-to-nature room where clouds, as close to fleece as a spray gun can make them, not only float across the ceiling, but also around the walls and on the floor. "Surrealism in the manner of Magritte," says designer Mario Lo Cicero, who lives in this cloudland. "It's an old apartment, about 1910. It needed airiness, vista, and a touch of abandon—something to get it off the ground. Hence the clouds, the sky, and splashes of mirror. But Christmas is always old-fashioned, with not just one tree, but four, one in each corner. No ornaments, nothing but sprayed-on snow, and lots of presents. Tubby, the cat, is waiting for hers."

Up top, waiting for *theirs* are Nina and Lisa Beattie, hanging a wreath trimmed with tiny handmade toys imported by their mother. Charming tree ornaments, they are to be had at Mrs. Beattie's boutique, The Children's Tree. For more seasonal spice, flip the page, and keep right on flipping.

DECEMBER, 1975

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DECEMBER

LIVING

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CAN YOU RESIST A RESORT WHERE EVERY ROOM HAS A POOL-SIZED TUB?



Spectacular bath-bedroom at Habitation Leclerc, steps lead to bathing pool

How often have you arrived in a resort feeling that the most wonderful thing that could happen would be that you could sleep, sun bathe, and swim in total privacy, not going anywhere or seeing anyone—for days? More often than not, the resort establishes a rhythm that keeps you dancing to as frantic a tune as the city one you just left. Not in Haiti. At Habitation Leclerc, a cluster of stone and mortar villas that are situated step-style down a jungly hillside just above Port au Prince. It's a hotel without any big buildings, just a cobblestone path connecting these houses built in a French construction style of the 17th century. With a pool for every two or three villas, the idea was to give guests the opportunity of having what they wanted just at hand. A place to vanish into and not come out of until the idea of privacy became boring. In the meantime it is a privacy very rich in alternatives. A small kitchen serves two or three villas and from it comes breakfast and a light lunch. The adventure at breakfast time is the local Haitian fruit—mangoes, a pointed grapefruit, a large apricot that is good sliced and has the crispness of an apple and the subtle flavor of a melon. These plus oranges and bananas arrive in a big basket along with hot croissants and aromatic Haitian coffee. Decaffeinated, it has all of the taste and none of the punch of such a strong brew. Most people have breakfast on a walled-in sunporch that opens off the bedroom. Which means the bliss of a very private, all-over sunbath after breakfast. Lunch is served on a wrought-iron table set under some trees by the pool that is just outside one's door. An afternoon nap is a five-star event. The whir of an overhead fan catches the breezes as they surge through louvered windows that line the

Continued on page 26

GRIGSBY



Larry Peabody designed hotel interior

TETSU OKUM



Robert Currie wraps in acetate to let the gift shine through

WRAP UP CHRISTMAS

"Wrappings are as much a part of the gift as the gift. Choose them carefully, so they can be recycled in another person's life," says Robert Currie, Director of Visual Planning for Henri Bendel, N.Y. "Kraft paper is just right for personal sketches that add individuality and interest to a gift. The paper is durable enough to be framed later." Kraft paper is at large stationer's by the bolt, otherwise East House has it in four colors, by the roll, from $1.25 to $2. "Rice paper can be prefolded and a design 'imprinted' on it before it's used for wrapping," suggests Mr. Currie. "Handblocked Japanese papers are also strong enough
be reused or framed. Fabrics ma
beautiful coverings, so do wa
papers, clear sheets of acetate, s
or woolen scarves, cotton or lin
handkerchiefs. Scented papers a
fabrics are a delight under the tr
and they can be used later as line
for lingerie or bed linen drawer
You can also have fun collecti
boxes throughout the year, gla
acrylic or wood. "European ti
that originally held tea or biscu
make wonderful gift containe
just as they are," he adds. "Wh
lined with a soft fabric they ma
lovely sewing boxes afterwar
Anchor the fabric with tape or
metal-adhering glue." Part of t
fun of wrapping is to integrate t
gift with paper or container. W
hide the book with a magnifice
cover? "By wrapping in clear ac
tate and tying a luxurious silk co
around it, it becomes an excitin
and beautiful present to look at

—PAULA RICE JACKSO

MAKE A CAT FEEL AT HOME

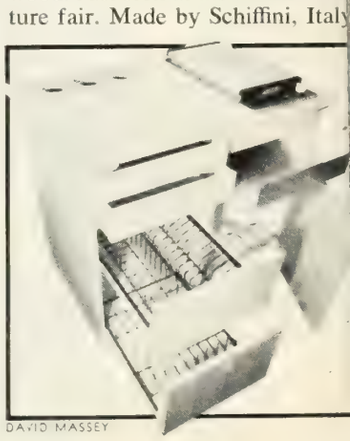


CHUCK ASHLEY

Farmer's baskets, the kind once used to carry ducks, piglets, and other animals to market, can be wonderful pet beds or carrying cases, lined with a cushion. They're also good for wood, papers, magazines, or make useful picnic totes. These in gray/green bamboo, handcrafted in Hong Kong, from Mann and Rosequist, P.O. Box 1130, San Francisco, Cal. 94101.

MEALS ON WHEELS

This is the sort of push-aroun
serving cart we'd all like. It co
tains a steel hot plate, carvin
board, ice container for coolin
wine. There are racks for glasse
and plates, compartments for si
ver and linens. It's only 34 inche
wide and 29 inches high, in as
wood. Just seen at the Milan furn
ture fair. Made by Schiffini, Italy



DAVID MASSEY

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ALL THE FABRIC ANSWERS

If you want to know how to use fabric to muffle sound, give light while shading a poor view, change a room's color from season to season, hide cracked walls, emphasize the form of furniture, visually bring down a ceiling or even soothe your psyche, read Jack Lenor Larsen's *Fabrics for Interiors: A Guide for Architects, Designers and Consumers* (Van Nostrand, Reinhold $14.95, $7.95 paper). Mr. Larsen and co-author Jeanne Weeks tell how to look for quality, discuss finishes. "When you put a

A new book from Jack Lenor Larsen



considerable investment into decorating you want to know all these things."

WARM WELCOME AT THE WHITE HOUSE

Mrs. Ford can turn a state dinner into a very fresh, unexpected evening. For the Shah of Iran, the White House had a marvelous outdoor feeling. Tubs of green trees lined the hallway leading to the dining room, green garlands decorated each chair and chandelier. Fresh lilies of the valley were on the tables; lily of the valley print on cloths, from Wamsutta sheets. Centerpieces, bronzes from the Corcoran. Designer David Jones looped candlesticks with greens.

WILLIAM CONNERS



Our sense of smell is immediate, accurate, and lasts longest of all the senses

THE HIDDEN POWER OF SCENT

There's nobody in the world like you. The clothes you wear, the house you live in, the tastes you have, the friends you choose—all these are ways of saying, "This is *me*." Sometimes, however, we all have doubts about our identity, about being appreciated, about being remembered. But maybe there's an easy and quite unmistakable way of saying "this is me" that you haven't thought of—right under your nose.

Identity is a problem for all forms of life—territorial imperatives and all that—and the most powerful way nature has found to prove identity is through *smell*. Antelopes have scent glands in their feet and leave distinctive tracks wherever they go; ants can smell out the differences between themselves and other ants; salmon remember the smell of the waters in which they were hatched in order to find their way back from the open sea for spawning.

What about us humans? We tend to dislike whatever smells we detect on ourselves and deodorize them out of existence. Our sense of smell gets little exercise, and in consequence we don't regard it as significant as sight or hearing.

But the remarkable fact is that the amount of the human brain devoted to olfaction is disproportionately large—much larger than the amount of brain devoted to vision, for instance. What a waste, you may say. But perhaps we use it more than we know; it's quite pos-

Continued on page 16

TETSU OKUHARA

NESTING INSTINCT

A nest of eighteen Indian palm leaf baskets, ranging from 18 inches to 4 inches across. Grouped together they have a sculptural quality; broken apart they serve a myriad of uses. From Faroy Sales, at Cargo Houston, Houston, Tex. $55.

ELLIOTT ERWITT

NEW PLEXIGLAS GREENHOUSE



13-foot-high "Gothic" greenhouse

The new Plexiglas greenhouses d signed by architect James La rence for the Gardner Museu Boston, have been an extraor nary success. "Our orchids gr even better than they do unc glass," reports the Director, M Rollin Hadley. Fans at each end the Plexiglas structure operate constant intake and exhaust sy tem of filtered air, which hel keep out soot and pollutio "Plexiglas," reports Mr. Lawren "is a very practical alternative glass in the city. It withstands va dalism, and we've found it's mo economical, too." The new gree houses, right in the back of t museum, provide an on-the-sp supply of flowering plants—muc more convenient for the staff five gardeners who used to work a suburban location. Mr. Lawren used standard sheets of Plexigla 4 by 14 feet, to make "a love clean Gothic form. Plexiglas nee ed a much greater slope to dra condensation on the inside, ra and snow on the outside. A rath steep arch answered this proble and made a rather unusual shape

Say hello to Max.

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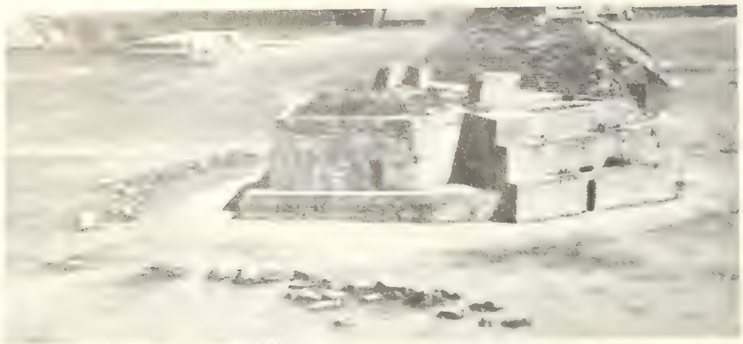


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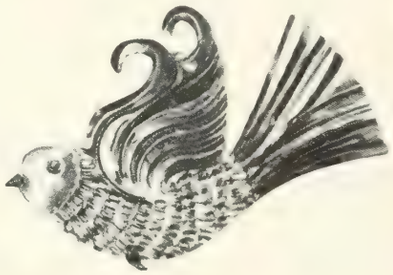
Ceremonial city of Monte Alban L. H. OTS

Oaxaca is a day's drive or a 40-minute flight south and west of Mexico City and worth the trip just for its Christmas ornaments. Fish and stars, men and cathedrals of woven straw, shiny tin birds and angels, saucy clay animals swirled in brilliant yarns—most of them less than 25¢—and pottery crèche figures in a variety of styles and sizes. You could easily spend a week bargaining in different daily markets in the villages around Oaxaca, it's such fun and there are so many different beautiful craft and folk art things—weaving, metal-work and the famous black pottery. But if you don't have a week, there are plenty of shops with good selections.

Equally worth the trip is the splendid regional museum, installed two years ago in the newly restored, beautifully proportioned 16th-century cloister of the church of Santo Domingo. On two levels around two courtyards are the restored convent kitchen, models reconstructing nearby archaeological sites at Monte Alban, Mitla, and Yagul, displays of Spanish colonial art, exhibits of the crafts and ways of life of the more than 400 Indian tribes in Oaxaca state, and, the great treasure, a room full of incredible Mixtec jewelry from Monte Alban.

Monte Alban on its hill, a sacred city since 700 B.C., is perhaps two miles from town. Buses go to it and to Mitla, with its unusual mosaics. Most people don't see Yagul and they should. But you need a car, the buses don't go there. Make a point of going very early in the morning or very late in the

Continued on page 176



Christmas tree bird in painted tin



HOUSE PLANT HOW TO

Two young women botanists have patented a handy acrylic desk calendar card file for seventy-eight house plants, plus general how-to's, glossary, index. You can leave it open while tending a plant, or remove 4-by-6-inch illustrated cards to take shopping or to hand over to a holiday plant sitter. $10 at shops or $11 postpaid from Plants-at-a-Glance, P.O. Box 273-R, Pleasantville, N.Y. 10570.

FABULOUS FAN LIGHTS

Marvelous Japanese fan lights by Ingo Maurer seen at the Milan Fair 1974 have arrived here! Push-pinned on the wall, supported by a bamboo pole, they give great architectural impact. Through designers only at George Beylerian.





Michael Taylor designs a new cactus tree bed *Gilles St. Gilles creates new canvas furniture*

NEW SHOP TALK—LOS ANGELES, PARIS



After three months' scouting and buying in Brazil, Peru, Egypt, France, and South Africa, Michael Taylor, Jimmy Wilson, and Perry House are back with treasures for their new shop. "We've had an incredible time. The shop has given us an excuse for travel. We even bought a Louis XIII marble staircase in France. It's three flights. Quite extraordinary. One thing about this shop though, we don't intend to limit ourselves," says Mr. Taylor. "We shall indulge in contemporary designs as well as unusual antiques from many eras. I am designing some new fabrics, which will be made in India."

From South America comes an extraordinary collection of minerals, rock crystals, some 6 feet high, weighing up to a ton. "I feel strongly about introducing them as pieces of sculpture in rooms and gardens." From Rome, some stunning new marquetry and bamboo furniture. The bed shown here is one of Mr. Taylor's own designs. "The poles are made from a very rare cactus that only grows in two places in the world. We got these in Mexico." Taylor, Wilson & House Ltd. is located at 8461 Melrose Place, Los Angeles, Cal. 90069.

Over in Paris, Gilles St. Gilles has opened his new shop on the left bank at 9 Rue de Verneuil, in a wonderful old building with a cobbled courtyard. His marvelous modular seating is covered with canvas, linked with marine hardware, and filled with foam. You can link it together to make sofas, love seats, chaise longues, what you will, and George Tanier of New York will be distributing it. Part of the fun of the shop is the idea of it being an art gallery as well. "I want to show work by young unknown painters and artists," says Mr. St. Gilles. He hopes to have an opening with paintings by Jimmy Giebeler.

SEVEN LIVELY ARTS

Christmas reasons to love for all seasons. Exquisitely handcrafted figurines and plates for all your favorite collectors, all faultlessly executed in the tradition of excellence that is the hallmark of all giftware represented and imported by Hummelwerk.



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The Art of Janet Robson "Flight Into Egypt" figurine group translated into a perfect pewter plate.





The Art of Charlot Byj and her uniquely precious way with children is portrayed in the 1975 2nd Limited Edition pewter plate, "A Child's Prayer."

The Art of W. Goebel in ceramic animal portraiture is exemplified in this new series of sculptures of the animal kingdom.



The Art of Crown Staffordshire is the centuries old English tradition of the perfection of the finest bone china in dozens of floral forms and shapes.



The Art of Michel Thomas "Les Petits" is the art of portraying the youth of today as they really are in their characteristic pursuits.



The Art of "M. I. Hummel" rendered by W. Goebel in both the ceramic handpainted "Ride Into Christmas" 1975 Annual bas relief plate and "M. I. Hummel" figurine.

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ARE YOU CUT OUT FOR THIS?

One way to refresh boxes, trays, lampshades, screens, and even larger pieces of furniture is through decoupage. It gives things a new identity. The most ordinary "finds" from the attic or flea markets can be recycled this way and even turned into attractive Christmas presents. Decoupage—cutting out prints and using them to decorate surfaces—can be as absorbing as needlepoint. If you like doing things with your hands, Leslie Linsley's new book *Decoupage Designs* (Doubleday $4.95) not only gives you ideas for seventy-five projects, but also supplies you with twenty-five prints you can cut out and use.



Leslie Linsley, decoupage expert

DOWN-TO-EARTH TABLE

"I find great exhilaration in Japanese simplicity," says display designer Christine Maly. "I love their approach to art and architecture, a continuous elimination of things, getting back to the fundamentals. There's a serenity in it all that I really can't explain." For a special lunch table, she arranged celadon china on a lacquered brown table on straw mats with satin pillows. The table was one of eight at Tiffany planned by George O'Brien to show the work of young designers.





MORLEY BAER

Rotating fireplace by George Kosmak

ENERGY FACTS ABOUT FIREPLACES

A masonry fireplace is a substantial thing. You can expect to spend from $1,000 to $3,000. You can expect to look long for a mason to build it. Ask for references, says Joseph Walas, builder of New York fireplaces. Insist on guarantees, listen to word-of-mouth—and don't pay until you are completely satisfied. Test it, he says, with a good three-log fire. Burning a newspaper is not a true test.

How wide, how tall, how deep should it be? In *The Forgotten Art of Building a Good Fireplace* ($2.50, Yankee, Inc., Dublin, N.H. 03444), Vrest Orton diagrams principles first propounded in 1795 by Sir Benjamin Thompson, Count Rumford, an expatriate American who, among other things, discovered heat convection currents and invented the first kitchen stove: make the back wall as wide as the fireplace is deep; the opening up to three times that width; and slant the back and sides. Very few modern fireplaces are built in these proportions—but Mr. Orton has one 42 inches high and 19 inches deep in his 1828 house, and he says it has always drawn beautifully.

A number of companies make metal fireplace forms—called zero clearance fireplaces because insulation and triple-wall construction allow you to set them right on the floor—for building in. They're light (400 pounds maximum) and need only put-together chimney section for smoke.

The forms cost from $270 to about $500. With chimney sections, hearth, installation, and finishing, the total can run from $600

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ANITA LOOS AT 82 TALKS VITALITY

EDITOR'S NOTE: *Anita Loos, legendary author and Hollywood screen writer, the petite brunette who wrote the hilarious* Gentlemen Prefer Blondes *and* But Gentlemen Marry Brunettes *continues to live the upbeat, distinctive lifestyle she has been used to since the 20s. Laughter runs through her conversation as easily as it does her books. This sense of humor and other factors she elaborates upon in this interview keep her up-to-date, vital, and very much alive.*

Every day, Anita Loos gets up at 4 in the morning, has a cup of coffee, gets dressed, sits down on a chaise longue in a quiet part of her apartment, and spends the next 5 hours writing in long hand. At 9 she has breakfast. At 10, her secretary comes in to collect the handwritten sheets, and go over manuscripts. At about 11:30 (depending on what's on television worth watching) she exercises hectically for half an hour. After lunch Paulette Goddard may stop by and they'll take a long brisk walk right around Central Park. Mi Loos is constantly photographe at evening social events, but claim she's not "a party girl," alway tries to leave early and get to be by 9 o'clock. By then, she's been o the go nonstop for seventeen hour At eighty two, how does she do it

Summing it up, she believe heredity, genes, a sense of humo gymnastics, success in her caree careful eating and drinking, n smoking, satisfaction with work living in New York, and neve being bored all play a part.

No day passes, though, withou a run through the Royal Canadia Air Force exercises. She does then religiously, even when traveling o away for the weekend. "I wouldn' feel right if I didn't. Exercising i very important, otherwise yo slump. I got on to it years ago i Paris when I was a girl, with a woman called Dr. Bess Mensen dieck. Now that I think of it sh was awfully smart. She made yo exercise starkers in front of a full

Continued on page 179

Anita Loos, a nonstop life

DUBAZZO MAGNUM



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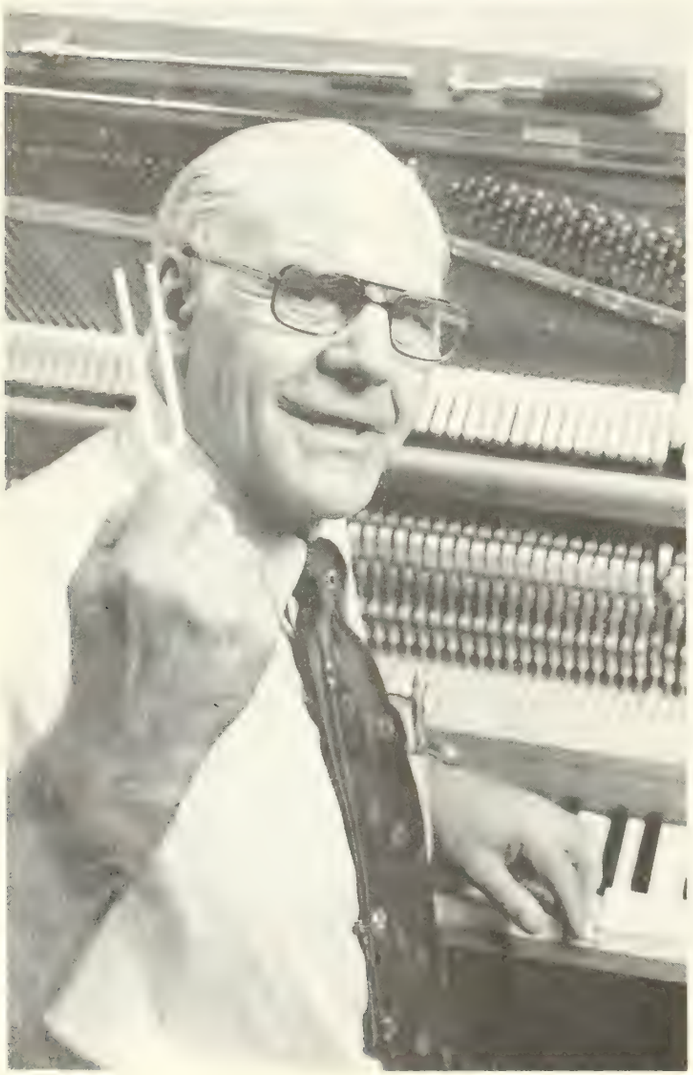
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We must not underestimate our sense of smell. It's immediate, it's accurate, and it lasts longest of the senses

Hidden power of scent *continued from page 8*

sible that humans have a smell aura just as we do a visual aura (as Beverly Russell showed in House & Garden, September, 1975). Animals do. It's just that it is so refined in humans that we are not conscious of it. Maybe smell is a signal exchanged between human beings just like visual and auditory ones.

Another highly unusual fact about our olfactory sense is pointed out by neuropathologist Dr. Fernando Aleu, founder and president of the U.S. subsidiary of Puig of Barcelona (makers of Paco Rabanne perfumes). "Olfaction travels to the brain more directly than any other sense," he says. "Olfactory nerves are in essence extensions of the brain through the membranes in the roof of the nose. This must cause an astonishingly strong impact, because when you associate a smell with a situation or place or person, the smell alone can retrieve the circumstance accurately, quickly, and totally. If you have spent one evening with a person who uses a perfume, or a man who smokes a certain kind of tobacco, for instance, the next time you smell it, you see that person, you hear his or her voice, you are *there*."

Furthermore, the smell works on you emotionally *before* you can identify it. A friend describes how she smelled a smell one day in an Army/Navy store and was immediately transported back to summer camp—the fires, the sounds, the foggy mornings in Maine, everything . . . It was only much later that she realized she had smelled felt printed with paint—the same used for merit badges at camp when she was growing up!

It is evident that we must not underestimate our sense of smell. It's immediate, it's accurate, and it lasts longest of the senses. What better way of saying "This is Me."?

"Fragrance works in many ways," says Dr. Aleu. "It can make an alien environment comfortable. I know a lady who travels a great deal, and she carries a perfume spray with her—with the perfume she always uses. Before going to bed in a strange place she sprays her bed with her own perfume—not because of the way the perfume, or the room, smells—but because *it decreases the strangeness of the environment*. If you do this, you will not worry about relaxing or getting to sleep. Wherever you are, you will feel at home."

The other way fragrance works is as your personal signature. "It's not a neon sign or broadcasting system," Dr. Aleu believes. "Avoid the overwhelming. Fragrance should not be the first thing you notice about a person. It is really the reward of closeness."

Creating an olfactory awareness is not a cosmetic thing, Dr. Aleu says, but an enhancement of life through the senses. To be sensitive to smell means that you are sensitive to sounds and sights and touch and flavors. Keep your antennae alert to new sense awareness, new engagements with the world around you.

"If a woman goes to the trouble to wear a particular scent, then it is obvious she is concerned about the impression she makes," declares Dr. Aleu. "If you feel good within yourself, then part of your total being should be your fragrance so that every time someone smells that fragrance, it will evoke you—for a whole lifetime. Isn't that rather a delightful thought?"

DR. ALEU'S TIPS ON WEARING PERFUME

1. Make allowances for your skin type. "Fragrances are blended for several qualities: lasting power, volatility, and the ingredients that make them recognizable. If you have very dry or very oily skin, this might affect the balance of these qualities, so that one part smells more or less than the others, therefore smells different on one person's skin than on another's. Test them yourself to find the right balance for your skin."

2. Put perfume in the right place. "What really affects perfume more than anything else is the temperature of the place where it is applied. If you apply perfume to your big toe, it will smell much less than if you apply it to your temple—because in your temple you have a very good blood supply, and the skin temperature is higher, thus promoting volatility. All the flexing surfaces (elbows, knees) and areas adjacent to pulses are good for perfume. If you have a very low body temperature, then perfume will smell much less on you."

3. Be loyal—to be remembered. "Stick to as few fragrances as possible as part of your aura, if you

Continued on page 20

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James Biddle, President
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Washington, D.C. 20006

Maybe smell is a signal exchanged between human beings just like visual and auditory ones

Hidden power of scent *continued from page 16*

wish to be clearly associated in people's minds with those fragrances. Some are more suitable for summer, others for winter; some are outdoorsy, others are for indoors. But once you have found fragrances that you really like and that work well on your skin, stay with them. It is difficult to be loyal with so many on the market—but you'll find it worthwhile, both for yourself, being comfortable with your aura, and for the people who will remember you always with pleasure."

—CAROLINE SEEBOHM

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

For presents he'll love this Christmas—first off is a new **plug-in shaving cream heater** that fits right over the top of any standard brand or size of aerosol can. *"Hot Shave Capsule"* is cordless, has its own travel pouch, too. $14.99. By Clairol at department and drug stores everywhere . . . For tennis lovers the world over, there's **a fresh, new fragrance** called *"40 Love."* (At that score how can you lose?) It's a brisk, clear blend of essential oils of fruits and flowers like gardenia, bergamot, and marjolaine with oak moss and Peruvian balsam to add zest. By Jean Desprez. Eau de Cologne, from 2 ounces for $7.50 to 16 ounces, $27; After Shave, from 2 ounces for $7.50 to 8 ounces for $15.50. At Bonwit Teller and I. Magnin . . . After his exercising, sun-bathing, showering régimen, there's new *"Body Rub."* It's a creamy, lightly **sandalwood scented lotion that helps combat dryness.** From the Givenchy Gentlemen Collection in an 8-ounce glass bottle for $6.50 . . . If he prefers to unwind within the confines of the bath Aramis has a wonderful **ceramic crock filled with bath grains** (1¾ pounds worth) called *"Muscle Soothing Soak"* for $16.50. The crock would make a great planter after its contents have become a pleasant memory.

Everybody loves stocking stuffers on the giving as well as the receiving end . . . small practical presents add so much to the ease of a daily beauty routine: Try **hairbrushes**—choose from three natural boar's-bristle brushes, each backed in handsome amber colored acrylic. These are $9.95 each. There are smaller, larger, half-curved, or flat-backed brushes for thin, thick, wavy, or straight hair—each specially designed for a specific hair type to keep scalps healthy. From $6.50 to $14, all by Ogilvie. More brushes—this time a set of **five make-up brushes** each in a handsome bamboo stick handle. The set includes a loose-powder brush, lip-liner brush, eye-liner brush, eyelid-crease brush for powder shadows and an eye-shadow brush especially for water-based shadows. They come in a convenient plastic carrying case, too. $10. By Madeleine Mono at Henri Bendel. A new **set of perfume sticks** in easy, compact lipstick cases might be just right for younger girls on your shopping list—six easy-to-stroke-on fragrances like Sandalwood, Sweet Jasmine, or Orange Blossom to name three. They're only $1 each by Tussy. Break up a **six-pack of crystal flacons** filled with "Bal à Versailles" perfumed bath oil by Jean Desprez. Each vial holds slightly more than a third of an ounce, six for $50. Generous **cakes of bath soap** from Neutrogena . . . they're a whopping 5½ ounces each and called "Imperial," in a box of four. There's a clever plastic insert in the bottom of each cake to help prevent these rather large bars from slipping out of your hand or soap receptacle. $1.75 a cake.

Some presents come in such **attractive, useful containers** that they are as important as their contents—"Moon Drops" has some old-fashioned English tea and biscuit tins in a classic tapestry design of Ming jade, yellow, white, and sharp orange. "Moon Drops Milkbath" comes in a 12-ounce, octagonal pagoda-shaped tin you can fill with cotton balls or cookies. $12.50 by Revlon . . . Beautiful porcelains with floral designs hold soaps, powders, perfumed candles. A porcelain tabby with handpainted flowers down its back holds 10 ounces of "Blue Grass" and "Mémoire Chérie" dusting powder, each has a porcelain scoop. $20 by Elizabeth Arden. ■

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LOOKING TO THE 1976 BICENTENNIAL CELEBRATION

A great American idea

By Dee Har

The Scottish Christmas Walk in Colonial Alexandria, Va.

In George Washington's hometown, a holiday gala with parading kilted bagpipers, flowing bowls, feasting, and a house tour



Christ Church, pipers in full panoply, kilted citizenry, tiny Scot piggyback

The first weekend in December the entire city of Alexandria, Va., has a fling with a glorious celebration called "The Scottish Christmas Walk." Tartaned pipers twirl through the streets of Old Town, 18th-century houses sparkle with the glow of Christmas cheer, a Scottish Advent Service is held at the Presbyterian Meeting House, roaring fires and hot spiced punch warm visitors at the open house at the Alexandria Community Y, and there is magic for every age—whether buying a big brown bag filled with boxwood branches for $2 (enough to make two wreaths at home), or watching patchwork puppets open wide the eyes of the young. It's getting your Christmas stocking early, and in Alexandria, they're Argyle.

Alexandria was not named for the grandeur that was Alexandria, Egypt, but rather for a canny Scot, John Alexander, who bought the land in 1670 for 600 pounds of tobacco. A city that was founded and flavored by the Scots, and also influenced by a great American with ideas—George Washington.

As a boy of seventeen our future first president helped survey the boundaries of Alexandria, and always considered it his hometown. Washington later maintained a townhouse for the convenience of visitors on their way to Mount Vernon, 10 miles away. And it was in Colonial Alexandria that he posted his mail, had his wife's prescriptions filled, voted, danced the minuet, drilled his first military command, and finally was eulogized at the Presbyterian Meeting House in 1799.



711 Prince St., built in 1749 as a "flounder house," so called because, like the eyes of that fish, it had windows only on one side. Thus was cut the English tax on window glass.

Behind the gaiety lies great communal pride

Ten years ago the Alexandria Community Y, now an independent organization not affiliated with the YWCA, inaugurated the Christmas Walk, a different theme every year. Five years ago it became Scottish to honor the founding fathers, and has remained Scottish ever since. The purpose is to raise funds for the organization's inner-city programs.

These programs include Pulse Point, for training youths for better jobs, the Head Start Day Care Center, the Fifty Plus Club for counseling senior citizens and providing recreation, and the "Matrons' Matrons" program at the Alexandria City Jail where tutoring, arts and crafts, and library facilities are offered to women prisoners awaiting trial. (The 1500 Y members are also able to take courses from chair caning to quilting to belly dancing—"veils, $3.")

The Scottish Christmas Walk has more and more visitors every year. It is sponsored this year by the Alexandria Community Y in cooperation with the Saint Andrew's Society, the City of Alexandria, the British Embassy, and the Alexandria Chamber of Commerce. Mrs. Gerald R. Ford is the Honorary Chairman and the Patrons are Her Majesty's Ambassador Sir Peter Ramsbotham and Lady Ramsbotham.

Mrs. Philipp and Mrs. Elizabeth-Anne Campagna, Director of the Y, draw up the initial plans for the Walk. The President, Mrs. Arthur P. Siebold, then appoints a Chairman, who in turn appoints heads of committees—the Gala, the Open House at the Y, Christmas Greens, Collector's Corner, Bake Sale, Heather, Luncheon, Doll Houses, Banners, Children's Walk, Tour Houses, Advertising and Brochure Distribution. It never stops, and it is well worth it as any visitor to the Walk can readily see.

The drone of the bagpipe, sometimes a joyful jig, sometimes a battle hymn, will be heard early in the morning of Saturday, December 6th. It may just be unwinding from the night before as a Gala (tartan or black tie) will be held Friday to start the festival fling. (For information about tickets for this dancing evening write to the Alexandria Community Y, 602 Cameron St., Alexandria, Va., 22314.) Then at 10 AM Saturday it's everyone's parade. The Scottish Christmas Walk has begun.

Banners of the rampant Scottish Lion on fields of yellow, red, or green herald the way and line the route. Designed by Barbara Bar-

Continued on page 24

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"If you ask any of the visitors or townspeople if they are Scottish, the 'ayes' would have it. On this special day everyone is a Scot."

The Scottish Christmas Walk *continued from page 22*

rett Caples, they are printed by a volunteer team of silk screeners and made by the Parish Guild of St. Paul's Church, another community effort for the big day.

From the moment the first kilt twirls a corner the effect is dazzling. The brilliance of various tartans, the blare of marching bagpipes, and fifes and drums capture the crowds who walk, skip, and run alongside the marchers through the usually staid 18th-century streets of Old Town, the ancient section of Alexandria. And if you ask any of the visitors or townspeople if they are Scottish, the "ayes" would have it. For on this special day everyone is a Scot —by ancestry or inclination. A certain Scottish Fever takes over that is contagious.

The Walk starts at the Scotland House on South Washington St., led by the police color guard and escort. Next come the Saint Andrew's Pipes and Drums, five Scottish chieftains, who are the presidents of American branches of Scottish clans, Saint Andrew's president John Urquhart, and the Saint Andrew's Society members. Alexandria Community Y members join in the walking while Mayor and Mrs. Charles E. Beatley and Lady Ramsbotham follow in a classic car.

Alexandria's Pipe Band, the Annapolis Pipe and Drum Band and the Denny and Dunipace Band from Rockland, Md., stir the emotions with Scottish airs, while a calliope and a 35 bell carillon on wheels provide other melodies. New this year is the Seventy-First Regiment of Fraser's Highlanders from Annapolis, Md., originally a volunteer Scottish group recruited to fight for King George III in the Revolution.

Colonial patriots are represented as well by the Mount Vernon Guards, a fife and drum contingent dressed in Colonial uniforms, and the First Virginia Regiment of the Continental Line, an official Bicentennial regiment.

The route of the Scottish Christmas Walk goes up Washington St. to Cameron, right on Cameron past the Alexandria Community Y down Cameron to Fairfax, right on Fairfax to King, right to Royal and right to Market Square. There is a brief ceremony here followed by a program of pipes and drums.

Around 11 AM the Saint Andrew's Pipes and Drums in Glengarry caps and Ancient MacGregor tartans pipe the way to the Presbyterian Meeting House, 32 South Fairfax, for a Scottish Advent Service, while the Mount Vernon Guards and the American Eagle Girls' Fife and Drum Corps lead the children to Christ Church, Cameron and Columbus Sts., for a program of games, contests and the Patchwork Puppets.

A holiday luncheon will be served, for $6.50, in the new Old Town Holiday Inn, 400 block of King St. In addition there is a myriad of small delectable restaurants in Old Town.

The doors are open wide all day at the Alexandria Community Y (once the home of Frances Parkinson Keyes) with complimentary spiced punch served before a blazing hearth. A Collector's Corner offers books, gifts, cards, wrapping paper, and ribbon while a Bake Sale will have cookies, pies, breads, and cakes donated by 12 local churches. In the courtyard rhododendron, magnolia, English boxwood, and heather are sold, plus bags of bargain greens, all given by members and friends. Four houses will be decorated for Christmas. Admission is $1 each.

Just to wander around the streets of Old Town is to enjoy a gift of architecture. Unique here are the "flounder houses," with windows only on one side, like eyes on that flat fish. The unusual architecture developed when the first building lots were sold and buyers had to agree to build within two years. This requirement, plus the high English tax on window glass, inspired an ingenious builder, probably a Scot, to build in this style. For example, walk by 711 Prince St., Mrs. George E. Walker's residence, which first started as a "flounder" in 1749.

A special package for Christmas Walk visitors, all inclusive for $15, offers at 7 PM on Friday December 5 a candlelight tour of Old Town and a Christmas concert at 8 PM at Christ Church, followed by a sherry reception at the Robert E. Lee House, 607 Oronoco St. The tour continues on Saturday with the four decorated houses, an exhibition of trains and doll houses at Christ Church, as well as the 18th-century and Scottish crafts at St. Paul's Episcopal Church. The Alexandria Community Y will make hotel reservations. Call 703-549-0111, or write 603 Cameron St., Alexandria, Va., 22314. ■



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Correctol
The woman's gentle laxative.

Good Housekeeping

Haitian thick woven white cotton or "gros bleu" workman denim, sold by the bolt, are wonderful for summer slipcove

Haitian resort *continued from page 6*

walls. Even with these huge wooden louvers closed against the light, the cross ventilation is magnificent. The beds are large, low, and firm and covered with a batik spread. A little coil of incense keeps the air fragrant and also discourages bugs. Waking at twilight with the noises of the jungle picking up a decible or two, one glories in a place that has a coconut palm that wasn't cut down when the villa was built and now grows out through a hole in the roof at one end of the bedroom. Near the curving trunk of this palm the terra-cotta tile floor moves two steps down to a large bathing place the size of a wading pool. Sitting half submerged in this enormous bath, in a darkening room, one can look through the windows that border the bath down the hillside toward Port au Prince where lights are beginning to go on and stray dogs and a thousand faint radios make a dinnertime chorus. From this wonderful self-sufficient compound, one needn't stir even for dinner, which can be ordered from the resort's kitchen at the top of the hill where there's also a marvelous outdoor dining room with a roof supported by columns and lit by huge chandeliers. Besides Habitation Leclerc's own nightclub there are several others that Oliver Coquelin the resort's director and conceiver will know all about. He also knows all good local restaurants. One of them is Chez Gerard where if you order what he does you'll have tiny Haitian escargots or a coquille of tiny shrimp in a cheese sauce and then the local duck.

With a good night's sleep after a day of sun and swimming, one's curiosity rises back up to 100 percent. What about this country, the oldest black republic anywhere? Assembling the essentials of Haitian history makes one's stay more conscious. For instance, it was Columbus in 1492 who originally discovered the island of Hispaniola, which Haiti shares with Santo Domingo. Eventually the French took over and a French bishop arranged to import some African slaves to man the sugar plantations and in the midst of all this, the Arawak Indians, the island's original inhabitants, were wiped out. In 1791 came the first slave revolt led by a black general in the French army. Though it was only vaguely successful, later uprisings left the western side of the island in African hands. All this in an era when Haiti was one of the most successful of the French colonies. Napoleon's sister married a General LeClerc and came to live there and their house, what's left of it, is the architectural shell Habitation Leclerc is based on.

In 1957 a country doctor called François Duvalier was elected president and in 1964 he was made president for life, which was until 1971. His son Jean Claude is now president for life. Today the official language is French but the vernacular as well as the cooking is creole. The public religion is Catholic and the folk one is voodoo but the part visitors are permitted to see, usually dancing, has become a kind of folk theatre. The many Protestant missions are a wonderful source of crafts—embroidery, wood carving, basket weaving.

A taxi and driver cost $20 a day so there's no need to rent a car. With this rather happy-go-lucky arrangement, I spent a day running down handcraft leads and in the process visiting a mountain village that seemed almost Alpine except for all the jungle vegetation. In the early morning I went to the Iron Market in Port au Prince, which looks like a huge 1890s railway station. The miracle of the place is the look of a hundred different things stacked up to the point of falling over—fruits, baskets, colanders, strainers, hats, pots—some in stacks forty high. The same stacking principle that makes things from Mainland China look so beautiful in stacked displays in Bloomingdale's and Bendel's. So buy a stack of something and send it home. There are sandals in natural leather, huge cauldron baskets woven in different colored grasses and carved mahogany bowls and plates. The plates in particular are marvelous for summer barbecues, if not for steak then as good-looking place plates. A rule of thumb here is to bargain and pay half.

What many people have heard of when they come to Haiti is that there are marvelous summer clothes for men and women, made from chambray, denim, and muslin with wonderful embroideries. It's all there if you know how to go about it. Sometimes local designs are good but one gets the best results by taking a caftan or shirt that you like and having it copied with specific instructions about the design and color of the embroidery. The best places for this sort of thing are two shops, one run by Sue Seitz whose husband owns the Hotel Olofson where there are many attractive things already made up. The second is called Le Manoir. There I found some wonderful thickly wo white cotton fabric sold by bolt. Wonderful and inexpen for summer slipcovers. One also buy a bolt of the workm denim called "gros bleu." A d im garden smock with two flowers on each big skirt poc cost $13. A lightweight de caftan, also embroidered was $ Denim work shirts with coco buttons went for $4. There w white piqué sundresses also e broidered.

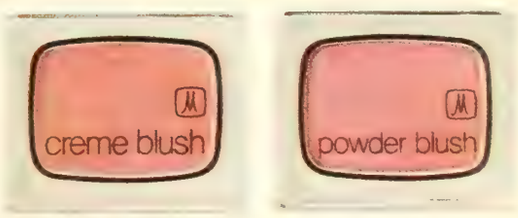
The information about what buy and where can be had at vivid best from Habitation L clerc's interior designer La Peabody who owns a wonder big Victorian house (photogra on page 6). The other thing peo want to take home from Haiti inexpensive, colorful Haitian and what one finds ranges all t way from the merely inexpensi to the really marvelous examp of folk art. The Musée D'A Haitien in the Champs de Ma is a good place to visit before goi to the Centre D'Art where pain ings by some of the best conter porary artists are for sale. Bo places focus on Haitian primitiv art, the museum's collection goi back thirty years and the Centr D'Art centering on today. Th work available when I was ther paralleled the range found in cor temporary art by American In dians. Some of it almost surrea with a color sense in the neo range, some very childlike wit a very, very primitive use or per spective where figures stack up i the air rather than moving bac into the distance. Some looked lik the very realistic school of Amer ican art generated by the WPA which usually had the life of the laborer as a topic. What appealed to me most that day was a tall three-panel screen in full fantasy that looked like something for a child's room or perhaps it was a Haitian Chagall. It cost $300, which was a lot of art for the price. The murals at the Episcopal Cathedral of the Saint Trinity are something not to miss. They show all the disciples as Haitians and Judas as a white man. The Cathedral also has a very good gift shop that sells straw purses and embroidered pillows. Next-door, a room of Haitian girls are sewing up baseballs by the dozens to send to the states.

The end of the day brought my driver and me to Kenscoff where all the mountain people bring their handwork and produce to market on Tuesdays and Fridays. Everywhere the Haitians are wearing

Continued on page 176



Now! With a stroke of your fingertips you can add a happy hint of soft warm color to your cheeks . . . color that stays put wherever your fingers put it! Two velvety-smooth formulas let you choose just the look you want: **Fingertip Creme Blush** for a silky, soft matte finish; **Fingertip Powder Blush** for a little extra gleam and sparkle. Both in pink, peach, tawny and cinnamon that blend like magic with your own skin to bring out your freshest face!



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Above, the "Petit Point" Checkbook Secretary in Blue Aster Pink and Autumn Rust $15.00. Matching accessories from $4.50.



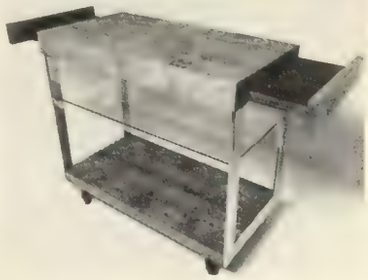
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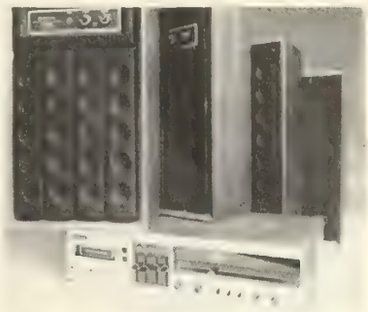
HOUSE GIFTS



ght red and white plastic travel
arm clock. $10.95. By Westclox.



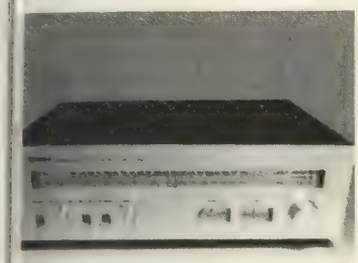
Mobile olive ash burl serving cart, pull-out top sections. $320. Lane.



AM/FM stereo 8-track player with new wireless speakers. Hitachi.



Vermont pine butterfly drop-leaf table. $189. By Bennington Pine.



M/FM tuner with stainless steel
ont. $270. Yamaha International.



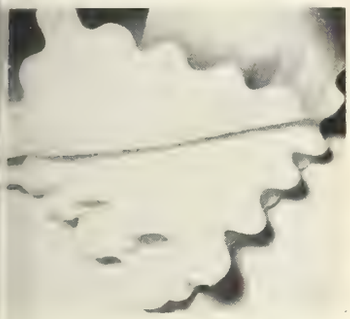
Wipeable vinyl address books by Vuitton. $60. At Saks Fifth Avenue.



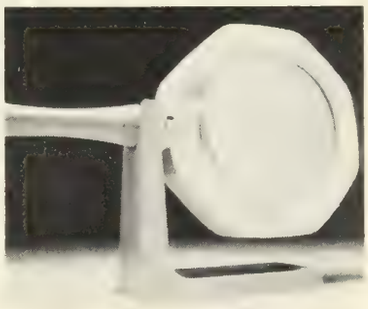
Love seat covered in yellow, green, blue floral chintz. $410. Hammary.



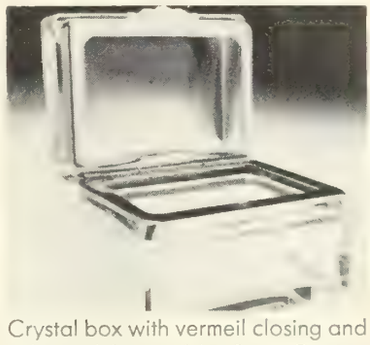
Creamer and sugar, "Colonial" porcelain. Lenox. $16.25. Altman's.



erry cloth body sheet 69 inches
ong. $36. From Andrew Downs.



3-in-1 lighted traveling makeup mirror. $17.98. From General Electric.



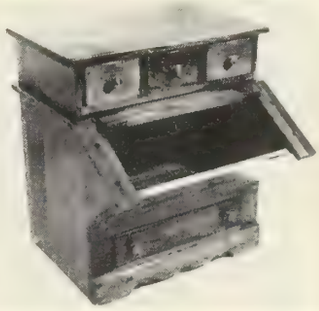
Crystal box with vermeil closing and a hinged frame. $65. From Cartier.



Fruitwood burl standing clock, 72 inches high. $2000. Herschede Hall.



Sofa table with beveled glass insert.
$319. Knob Creek. At W & J Sloane.



Pine sugar bin with storage drawers top, bottom. $179. Bennington Pine.



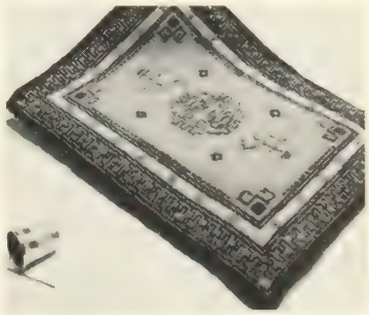
Many colored clays for a planter. $35. The Gazebo of New York.



"1776" special blend of whiskeys in a Tiffany decanter. $30. Seagram.



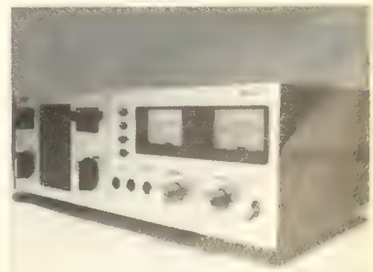
Man's vinyl travel kit. $12. By Prince Gardner. At Schwartz Luggage.



Miniature 6-by-8-inch petitpoint Oriental rug. $190. By Jean Jessop.



Mahogany alphabetical file table. $1100. By Pennsylvania House.



Component cassette deck with front panel controls. $350. By TEAC.

ALL PRICES APPROXIMATE. FOR STORE ADDRESSES, SEE PAGE 48

TETSU OKUHARA, KEITH TRUMBO, TED HARDIN, JAMES MATHEWS

For many more great presents turn the page. ▶

By Jerome H. Denn

New books for Christmas

for art-lovers, nature-lovers, theatre-lovers, food-lovers, lovers, and people who love to re

Herewith our annual reminder: A book makes a great Christmas present *if* you choose one dealing with a subject of particular interest to the person you're giving it to —or, perhaps, one that stands a good chance of getting him/her (or you) involved in an entirely new field. Some good bets:

FINE ART FINDS

Art Treasures of the Vatican (Prentice-Hall, $35 until Dec. 31; then $45), a lavish presentation of one of the most magnificent collections in the world . . . **A World History of Art** (Simon and Schuster, $29.95 until Dec. 31; then $35) by Gina Pischel—the development of painting, sculpture, architecture, and decorative arts from prehistoric times to the mid-20th century, with over 1,000 color illustrations . . . **The Color Encyclopedia of World Art** (Crown, $22.50 until Dec. 25; then $25) by Jay Jacobs—brief descriptions of the style and work of artists, sculptors, and architects from antiquity to the present.

Great art or no, cartoons have delighted the public for decades. Why? See **The Art in Cartooning** (Scribners, $14.95)—more than 300 drawings beginning with the 1890s and winding up with contemporary . . . or see **The New Yorker Album of Drawings 1925-1975** (Viking, $15)—the very best (and you know how *best* that is) of the great *New Yorker* cartoons of the past fifty years, still fresh and hilarious.

And then, of course, there's Peanuts! **Peanuts Jubilee** (Holt, Rinehart & Winston, $29.95 until Dec. 31; then $35) celebrates twenty-five years of the world's most beloved comic strip. Big in size (15¼ by 11½), in scope (over 134 classic strips chosen by Charles M. Schulz, tracing the development of the strip) and, most of all, in heart. Mr. Schulz tells how he created the strip, the characters, how he gets ideas, how he writes and draws the strip and includes many of his photographs. To round it out—a complete Peanuts bibliography and chronology. Good grief! The quintessential Charlie Brown.

Great Architecture of the World (American Heritage, $30), edited by John Julius Norwich, traces the development of architectural styles throughout the world, from the Egyptian pyramids to the Sydney, Australia opera house . . . **The World Guide to Antiquities** (Crown, $19.95 until Dec. 31; then $25) by Seymour Kurtz offers the great ancient treasures of the world: arts, artifacts, temples, tombs, all superbly selected and illustrated.

Strictly contemporary, **Decorative Art and Modern Interiors** (Viking, $29.50), edited by Maria Schofield, has houses, shops, even a knockout Hall of Wedding Ceremonies in Nagoya, Japan, and also examples of the latest in furniture, fabrics, decorative accessories . . . **Scandinavian Design** (Farrar, Straus and Giroux, $35) by Eileene Harrison Beer, runs the gamut of Nordic design, from antiquities to the sleek, world-famous contemporary pieces.

The Oxford Companion to the Decorative Arts (Oxford Univ. Press, $39.95), edited by Harold Osborne, is a reference work whose purpose is "to provide an introduction to those arts made to serve a practical purpose but nevertheless prized for the quality of their workmanship and the beauty of their appearance."

A BOOK FOR A COOK

For the beginner cook, an excellent basic book is **The Doubleday Cookbook** (Doubleday, $12.95) by Jean Anderson and Elaine Hanna. Over 4,000 recipes that anyone can handle, plus sections on equipment, cooking terms, marketing and food-freezing tips, menu planning, table setting—just about anything anyone would want to know about buying, preparing, and presenting food.

The accomplished cook who delights in French cuisine will want to add **A Paris Cook Book** (Harper & Row, $12.95) by F. L. Stagg to her library. Mr. Stagg (for some of his recipes see House & Garden, July 1972), an Englishman who has lived for years in Paris includes dozens of recipes with secrets from his own kitchen adapted to the American kitchen. In **A French Chef Cooks at Home** (Simon and Schuster, $9.95), Jacques Pepin, former *chef de cuisine* to Charles de Gaulle and teacher of master chefs, offers the recipes he prepares in his own house.

Television's famous "Frenc chef," Julia Child, now gives u **From Julia Child's Kitche** (Knopf, $15), and everyone wh has enjoyed her show (where man of these recipes were demonstra ed) or used her previous book knows what to expect: step-by-ste no-nonsense recipes accompanie by brisk comments from Mrs Child. In addition to her Frenc recipes, Mrs. Child branches ou to other cuisines, including som traditional American dishes.

The **Larousse Treasury o Country Cooking** (Crown, $12.9 until Dec. 31; then $14.95) give 450 recipes from over 60 nation including such culinary offbeats a Hawaii, black Africa, Malaysia— hearty, nourishing foods easil prepared in the American kitche using readily available ingredients

Every cook wants the very bes equipment she can get her hand on, but doesn't always know wha it is or where to get it. To th rescue: **The Cooks' Catalogu** (Harper & Row, $15.95), whic describes over 4,000 items of nec essary and special kitchen equip ment and utensils. They are pic tured, priced, and sources given s you can find the nearest place t buy them. This unique book also has 200 recipes plus many bits o cooking folklore. James A. Beard and a panel of experts chose and evaluated the equipment.

The Joys of Wine (Abrams, $35 until Dec. 31; then $45) by Clifton Fadiman and Sam Aaron is an anthology of articles, both past and contemporary, about wine; a guide to choosing, storing, serving wine; a collection of photographs, paintings, sculptures, and artifacts dealing with wine; or, as the subtitle puts it "a storehouse of all needed information, instruction & wine intelligence."

A TRIO FOR ANTIQUES COLLECTORS

The Complete Color Encyclopedia of Antiques (Hawthorn, $37.50) is a valuable reference work for anyone bitten by the antiques bug—with over 1,000 illustrations and a text written by experts . . . More specialized, **An Encyclopedia of Small Antiques** (Harper & Row, $19.95 through Dec. 31; then $22.50) by James Mackay was compiled primarily for collectors with limited money to spend, limited space for display. It concentrates on small antiques of Northern America and Western Europe over the past three cen-

Continued on page 40



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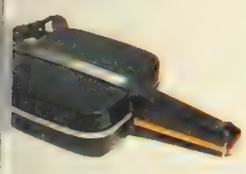


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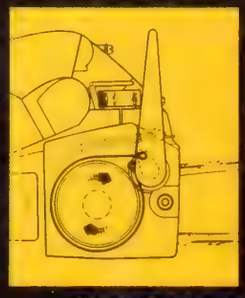


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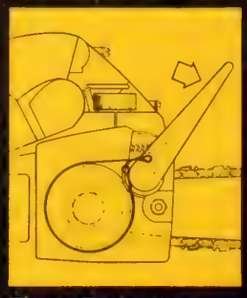
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Some day all saws will have it. Today, only McCulloch offers Chain Brake
on every saw in the line. The Mini Mac 25. Years ahead of its time.
Still only $109.95 at your McCulloch dealer.

Chain Brake is the professional safety feature that pro loggers pay up to $30 to have added to their saws—because they know how important it is. Stops a moving chain in milli-seconds to reduce the hazards from kick back.



Chain Brake in disengaged position, chain running.



Chain Brake in engaged position, chain stopped in milli-seconds.

The Mini Mac 25 with Chain Brake zips through a 6-inch log in seconds. Cuts logs up to 20-inches thick. And oils its own bar and chain automatically while you cut. The complete saw weighs less than 9 pounds.

McCULLOCH CORPORATION
Los Angeles, California 90009

Bring Home A Holiday House Gift

klet,

The Pat Boone Family has four suggestions for inexpensive gifts that make inexpensive meals.



Slow cooked great tasting meals is an idea whose time has come. Again.

As the Boones have discovered, it's really an old-fashioned way to prepare sensational main dish meals from inexpensive meat and poultry. And it's all made possible with a new kitchen appliance: the slow cooker.

West Bend makes four different Slo-Cookers. One of them is just right for you. No matter which one you choose, you get a separate cooking element and cooker. That means easy cleanup, because unlike other slow cookers, the pot is immersible and dishwasher safe.

Three of the West Bend Slo-Cookers have a 5-setting, variable heat control so your food is slow cooked at exactly the right temperature. Not too much. Not too little.

For selection, design and cooking and cleaning convenience, you have to get up pretty early to beat a West Bend Slo-Cooker. They make great holiday gifts and one will make meal preparation a lot easier at your house during this busy holiday season.

You have to get up pretty early to beat West Bend... where craftsmen still care.

WEST BEND®

The House Gift



A. Lazy Day® 6-qt. Slo-Cooker
B. Colonial Crock™ 2-qt. Slo-Cooker
C. Beans 'N Stuff™ 2-qt. Slo-Cooker
D. Home Maid™ 4-qt. Slo-Cooker

© 1975, The West Bend Company, West Bend, Wisconsin 53095.

By Jerome H. Denn

for art-lo

Herewith our book makes present *if* yo with a subjec est to the pers —or, perhap good chance (or you) inv new field. Sc

FINE Art Treasur (Prentice-Ha then $45), a one of the mc tions in the **History of A** ster, $29.95 $35) by Gin opment of architecture, from prehist 20th century illustrations **clopedia of** $22.50 until Jay Jacobs— the style and tors, and arc to the presen

Great art

It's s

GIFTS FOR YOUR SANTA'S WORKSHOP



Skilsaw® 7¼" Circular Saw. Perfect for home remodeling or cabinetmaking, this powerful saw has a 1¾ HP motor, and can cut 2⅜" deep at 90°, and 1⅞" at 45°. Comes with blade and blade wrench. Model 574—regular price $39.99. Now $29.99.*

Skil 2-Speed Jig Saw Kit. Good for 1000 jobs around the home, this easy to handle jig saw cuts at speeds of 2800 and 3500 strokes per minute. The foot tilts to 45°, and the kit includes 4 wood and 2 metal cutting blades, plus a rip fence and a circle cutting guide all in a sturdy carrying case. Model 487-2 regular price $36.99. Now $29.99.*

Skil 3/8" Variable-Speed Reversing Drill. One of the basic items in any handyman's kit is this versatile, variable speed (0 to 1300 r.p.m.) drill. It drives screws and reverses to remove them, and is double insulated for safety. Comes with side handle. Model 457—regular price $41.99. Now $29.99.*

3/8" Skil Xtra-tool. This incredible tool drills in wood, plastic or metal, drives screws and reverses to remove them, hammer drills in concrete, brick or rock, and hammers to chisel, scrape or mortise. Comes with side handle, chuck key and key holder. Model 599—regular price $54.99. Now $39.99.*

Skil Cordless 3/8" Drill and Screwdriver. High-torque performance gives you all the muscle you need to drill through tough stock, even steel. Drives screws and reverses to take them out. Recharges overnight. Comes with charger. Model 2002—$39.99.*

SKIL® POWER TOOLS

*Manufacturer's suggested retail prices good through December 26, 1975 at participating dealers.

The House Gift

Bring Home A Holiday House Gift

for everyone on your shopping list from one of these fine hardware/housewares stores right in your own area. They are headquarters for all the famous brands gift merchandise shown in the preceding booklet, prepared for your shopping convenience by the National Retail Hardware Association.

ARKANSAS

Apache .....McKnight Hardware
Benton ..... Blakley's
Bradley .....Coker Hardware Co.
Camden ..... Snow TV Hardware
Clinton .....Shannon True Value
Conway .....Cash Lumber Co.
El Dorado .....Timmons Hardware & Furniture Co.
Ft. Smith .....Central Ace Hardware
Gillett .....Central Hardware Co.
Helena .....Hardman Lumber Company
Hot Springs .....Oaklawn True Value Supply
Jonesboro ....Barton Lumber Company
Little Rock .....Kraftco Building Supply, Inc.
Mineral Springs .....Mineral Springs Hardware Co.
Monette .....Blankenship Furniture & Hardware
No. Little Rock ....Hum's Hardware & Furn. Inc.
Paragould ..Paragould Lumber Company
Pine Bluff ..Matthews Ace Hardware Co.
Searcy .....Garner's Ace Hardware
Smith Vaughn TV Hardware
Sheridan .....Rushing Hardware & Appliance, Inc.
Warren ..Hurley Hardware & Furniture
Wynne .....Graham Ace Hardware

COLORADO

Alamosa .....Husung Pro Hardware
Aurora ..Big Tool Box TV Home Center
Brighton ....United Lumber & Hardware
Cedaredge .....Thunder Mt. Hardware
Center .....Perrin Pro Hardware
Collbran .....Collbran Supply
Colorado Springs .....Brookhart TV Hardware
McConnell TV Hardware
Cortez .....Slavens True Value
Delta .....Schmidt Hardware Co.
Denver ..Marsolecks Hardware & Appl.
Durango ...Kroeger's True Value Hdwe.
Eads .....Kelly Hardware
Fort Collins .....Tolivers True Value Hardware
Fowler ....Western Auto Pro Hardware
Grand Junction ..The Enning Lumber Co.
Hillcrest Plaza Hardware & Gifts
Haxtun .....Haxtun Pro Hardware
Longmont ..... Meyers Hardware
Loveland ..... Sooy Hardware & Gifts
Mancos ..... Cooks & Ace Hardware
Monte Vista .....French Hardware
Montrose .....Lathrop Home Center
Willard Ace Hardware
Northglenn .....Patterson Our Own Hardware
Pueblo ..Robinson-Gardner Hardware Co.
Sterling .....Mr. D's True Value
Thornton .....True Value Hardware
Walden ....Timberline Builders Supply

IOWA

Algona ...Graham True Value Hardware
Ames .....Carr TV Hardware
Peterson OK Hardware
Anamosa .....Hanks TV Hardware
Artesian ..... Moellers Store
Atlantic .....Cappels Ace Hardware
Larson OK Hardware
Robinson Hardware Inc.
Auburn ..... Bean Hardware
Bedford .....Bedford Building Supply
Severs-Stacy Hardware
Bettendorf ....K.&K. True Value Hdwe.
Boone .....Nelsons Doo-it Store
Carlisle .....Laverty Hardware
Carpenter .....Carpenter Lumber & Hardware
Cedar Falls .....Parkade TV Hardware
Charles City .....Vans Hardware
Clarion ..Evans Lumber & Constr. Inc.
Clear Lake .....Eddy True Value
Clermont .....Clermont Hardware
Clinton .....Nelsons Cashway Lumber
Coralville ....Lenoch & Cilek TV Hdwe.
Creston .....Seckingtons TV Hardware
Danville .....Danville TV Lumber
Davenport .....Hanssens TV Hardware
Sherry TV Hardware
Des Moines .....Uptown Hardware
Donnellson .....Donnellson Hardware Company
Dumont .....Bobs TV Hardware
Dyersville .....Hentges Hdwe. & Furn.
Elgin .....Tillotson Hardware
Estherville ...D.&B. OK Hardware Inc.
Hubacher Hardware
Fontanelle .....Van Fleet Hardware
Forest City .....W. C. Hansen & Son
Ft Dodge .....Ferguson TV Hardware
Fort Madison ..Engleman TV Hardware
Galva .....Grimes Hardware
Gladbrook ....Wentzeien Hardware Co.
Glenwood .....Boyer Hardware
Greene .....Walker Hardware
Grimes ..... Hens OK Hardware
Grinnell ..Zimms True Value Hardware
Griswold .....Griswold General Store
Hampton ...Hampton Dist. & Hardware
Hawkeye .....Bobie Hdwe. & Electric
Humboldt .....Humboldt OK Hardware
Ida Grove .....Johnson Hardware
Indianola .....McCoy Hardware, Inc.
Iowa City .....Lenoch & Cilek TV Hardware
Jefferson ..... Dick & Jims Hardware
Jewell .....Brown Hardware
Lacona .....Osenbaugh Hardware
Lake View .....Staabs Firestone Store
Lincoln .....Wentziens
Logan .....Doyle Hardware
Lowden ....Olsen Appliance & Hardware
Madrid .....Lucad Hardware
Manchester .....Palmer Hardware
Yuska TV Hardware
Yuska True Value Hardware
Manning ..Falck Hardware & Appliance
Mapleton .....Kettler Hardware
Maquoketa .....Ringlep Hardware Co.
Marion .....True Value Farm & Home Stores
Marengo .....Brown TV Hardware
Mason City .....Curries Ace Hardware
Mechanicsville ..... Cooks Hardware
Mediapolis .....Klines True Value Hardware
Milton .....Strait Hardware
Missouri Valley .....Brookhouser Pro Hardware
Monona .....Evans Hardware
Muscatine .....Wilson TV Hardware
Nevada .....Reedholm Hardware
New Hampton ..Schueth Ace Hardware
New Hartford ..New Hartford Hardware
Olewein .....Meyer & Lincoln TV Hardware
Ottumwa .....O'Hara TV Hardware
Perry .....Ace Hardware
Harland Ace Hardware
Peterson .....Fastenow OK Hardware
Reinbeck .....Kelleys True Value Hardware
Richland .....Sasseen Hardware
Rock Rapids .....Vans OK Hardware
Rodney ..... Willman Hardware
Rowley .....Boelters Appliance & Hardware
Sioux City ....Johnson Hardware, Inc.
Swaledale ..Eddy True Value Hardware
Tabor .....Tabor Hardware
Traer .....Whannels Hardware
Tripoli .....Tripoli Hardware
Vail .....Vail Hardware
Wapello .....Patricks TV Hardware
Patrick's True Value Home Ctr.
Washington ..... Connelly True Value Hardware
Webster City ..Parkhurst Hardware Co.
Woodward ....Woodward OK Hardware

KANSAS

Alma .....Hendricks Pro Hardware
Arkansas City .....Wright-Burton Pro Hardware
Atchison ..Mullins Bros. Pro Hardware
Atwood .....Atwood Ace Hardware
Beloit ..... Fitzgerald Ace Hardware
Bird City ....F. W. Hardware & Furn.
Burlington ..... Pioneer Pro Hardware
Burns .....Grimwood Pro Hardware
Caldwell .....Newkirk's Pro Hardware
Chanute .....Ace Hardware 453 L
Clay Center ..... Wall TV Hardware
Clearwater ....Smith Hardware & Gifts
Dighton ....Home Lumber & Supply Co.
Downs ..... Bldg. Pro Hardware
El Dorado ..... Reno Ace Hardware
Ellinwood ..... Gannaway Pro Hardware
Ellsworth ....T. G. O'Donnell Hardware
Eskridge .....Cook Hardware Co.
Eureka .....Reno Hardware
Fort Scott ..... Mayco Ace Hardware
Plaza Sentry Hardware
Garden City .....Eads TV Hardware
Harmon Sentry Hardware
Great Bend .....Martin Jaeger, Inc. TV Hardware
Sentry Hardware
Gypsum .....Scanlan Pro Hardware
Hays ..... A & V Hardware & Appliance
Haysville .....Haysville Hdwe. & Lumber Inc.
Hill City .....Ben's Hardware
Humboldt .....A.C. Electric
Hutchinson .....A. & M. Hardware
Davis Lumber & Building Center
Renos Ace Hardware
Independence .....Sayers Ace Hardware Inc.
Iola .....Shannon Hardware
Wilson Hardware
Kansas City ...Westwood Pro Hardware
Kiowa ....Humphrey Impl. & Hardware
Larned .....A.A. Doerr Merc. Co.
Robinson Hardware
Lawrence .....Ernst & Son Hardware
Malott TV Hardware
Leawood ....Ranch Mart Ace Hardware
Leavenworth .....Gronis Pro Hardware
Liberal ..... Chaffin TV Hardware
Lyndon ..... McDaniel Pro Hardware
Medicine Lodge ..... DeWeese Lumber & Ace Hdwe. Inc.
Mentor .....Johnsons Hardware
Merriam .....Nuts 'N Nails Hardware
Mt. Hope .....Larsen Hardware & Lumber
Newton .....Grabers Ace Hardware
Norwich .....Don's Pro Hardware
Osawatomie .....Brownback Hardware
Ottawa .....Budges Ace Hardware
Parsons .....Ace Hardware
Pratt .....Skaggs Ace Hardware
Protection .....McGee Supply
Sabetha ..... Dave Hardware & Appliances
Salina .....Waters TV Hardware
Scott City ....McDaniel Pro Hardware
Walls TV Hardware
Sedan .....Ackarman Hardware & Lumber Co.
Shawnee .....Hartman Pro Hardware
Klausen Sentry Hardware
Topeka .....Whelan's Fairlawn Plaza Home Center
Whelan's Highland Crest Home Center
Whelan's Lumber Company
Ulysses .....Ulysses TV Hardware
Wakeeney ..... Drellings Hardware
Wichita ...Bildit Promart Home Center
Vic Clark Hardware
Parklane Sentry Hardware
Pleasant Valley Hardware

LOUISIANA

Abbeville .....Mayers Hardware Stores, Inc.
Gretna ..... Ace Hardware
Houma ..... Dawson Hardware
Jennings ....Knight Hardware Co., Inc.
Lecompte .....Lecompte True Value Hardware
Many .....Georg Boyens
Minden .....Temple Hardware Co.
Natchitoches ....Julius Aaron & Sons, Inc.
New Orleans .....Harry Ace Hardware
Oak Grove .....Thompson Hardware & Furniture Inc.
Plaquemine .....A. Wilert Sons
Ruston .....Ruston Hardware Co., Inc.
St. Francisville .....Rinaudo TV Family Home Center
Winnsboro ..Gwin Building Supply, Inc.

MINNESOTA

Apple Valley ....True Value Hardware
Bagley ....H.C. Peterson Hardware Co.
Baudette .....Stan's Hardware & Furniture
Belle Plaine ....Steffen Hardware, Inc.
Blaine .....Hardware Hank
Bloomington ..... Hardware Hank
Brainerd .....Ace Hardware
Hardware Hank
Brooklyn .....Coast to Coast Store
Buffalo .....Wright County Hardware
Caledonia .....Danaher OK Hardware
Claremont .....Salmon Hardware
Deerwood .....Godfrey OK Hardware
Duluth .....Woodruff TV Home Center
Ely .....Coast to Coast Store #2730
Fergus Falls ...H&L OK Hardware, Inc.
Fisher .....Hamilton OK Hardware
Good Thunder .....C.C. Bruschke & Son
Grand Rapids ..... Dave Ace Hardware
Hastings .....True Value Center
Hibbing ..... Ace Hardware
Hoffman .....Arnquist Hardware
Ironton ....Ironton Hardware Company
Isle ....Mille Lacs Hardware & Furn.
Jasper .....Jasper Our Own Hardware
Lakeville .....Kuehn OK Hardware
Lamberton ..... Our Own Hardware & TV Store
Little Falls .....Jetka Ace Hardware
Madelia .....The Hardware
Minneapolis ..Fourth Avenue Hardware
Gordys Hardware
Horner TV Hardware
Harris OK Hardware
Wettergren Hardware & Variety
Minnetonka .....Kremers True Value Hardware
Mitchell ..... Thine TV Hardware
Mora .....Roehlkes OK Hardware
Morris .....Varnum's Hardware
Varnume Ace Hardware
Navarre .....Navarre TV Hardware
New Prague .....Hartmans Our Own
New Ulm .....Retzlaffs Our Own Hardware
Wilfahrt Bros. Ace Hardware
Olivia ..... Cyr OK Hardware
Osseo .....Balcer Hardware
Park Rapids .....Larsens Ace Hardware
Perham ..... Kings Hardware Hank
Preston .....Larsons TV Hardware
Red Wing .....Ebert Hardware
Rochester .....Finleys Ace Hardware
Rosemount .....Crosroad TV Hardware
Coast to Coast Store
Corcoran Hardware
Remer ..... Remer OK Hardware & Home Center
St. Cloud .....St. Cloud True Value Hardware
St. Paul .....Cliffs Hardware Hank
Hegerle OK Hardware
J.A. Moren
Park Hardware Hank Store
Weinbro Hardware Hank
Stillwater .....Hardware Hank
Thompson Hardware Co.
Thief River Falls .....Ace Hardware
Tracy .....Rignell Ace Hardware
Virginia .....Grande Ace Hardware
Waconia .....Waconia OK Hardware
White Bear Lake .....Wildwood OK Hardware
Windom .....Wynne Hardware
Winona .....R.D. Cone Ace Hardware
Worthington ..... Rickert Inc.

MISSOURI

Bolivar ....Long's Bolivar Hardware Co.
Campbell ..Rice Hardware & Furniture
Cape Girardeau Ueleke True Value Hdwe.
Cassville .....Lecompte Building Center
Columbia ....Schaperkotter True Value Hardware
Crystal City .....Tri-City True Value
Dearborn ..Dearborn Lbr. & Pro Hdwe.
Eagleville .....Eagleville Hardware
Florissant ....Handy Man TV Hardware
Fulton .....Gambles
Gladstone .....Kramer HWI Hardware 10181
Golden City .....Pugh Hardware
Grandview .....Midland TV Hardware
Hermann ....Hermann Lumber Co. 636T
Illmo .....Ace Home Center
Independence ....Midland TV Hardware
Plaza Hardware, Inc.
Raveill TV Hardware
Jasper ..... Wood Hardware
Jefferson City ..... Elkins Sentry Hardware
Walz TV Hardware
Joplin .....Carlsons TV Hardware
Pearl Bros. True Value Hardware
Kirkwood .....Kirkwood Hardware
Lebanon .....Farm Supply Co., Inc.
Linn .....Knollmeyer, Inc.
Lockwood .....Otasco Lockwood Hardware
Maplewood .....Empire Supply Co.
E.C. Scheidt Hardware Co.
Marshfield .....Drumright Hardware
Maryland Height ..... Community Lumber & Hardware Co
Maryville .....Watkins Tru-Value Hardware & Appliance
Maysville ..Bakers True Value Hardware
Monett .....Monett Lumber Company
New Madrid ..Phillips True Value Hdwe.
Prairie Home Bills Plumbing & Electric
Ste. Genevieve ....Hermann True Value Hardware
St. Joseph .....Huffman Pro Hardware
St. Louis .....Hanneke Hardware
St. Louis Findlay Co.
Sedalia .....Cash Hardware Stores
Springfield ....Bowmans Ace Hardware
Maschinos
Sullivan ..Wallys True Value Hardware
Thayer .....Ace Hardware
Ace Hardware
Tipton .....Proctors Bldg. Mtls. Inc.
University City .....Smith Hardware
Warrensburg ....Home Lumber Co., Inc.
Warren Woods ..... True Value Hdwe. Mart
Washington .....Wehmueller Hardware
Waverly .....Frank Riley & Son

MONTANA

Baker ..... L Price Company
Billings .....Odegaard Ace Hardware
Conrad .....Coast to Coast Store #197
Glendive .....Hagenstern Hardware
Miles City .....Milea & Ulmer
Plains ...McGowan Coml. Ace Hardware
St. Ignatius .....Mission Lumber & Implement Co.
Sidney ..Johnson Hardware & Furniture

NEBRASKA

Arlington .....Gambles
Auburn ..... Murphy & Brown
Battle Creek .....Red Bud, Inc.
Beatrice ..Ace Hdwe. of Beatrice 1929 L
Broken Bow .....Ace Hardware 1575-L
True Value Hardware
Cambridge .....Minnick Pro Hardware
Columbus ..... Eastman TV Hardware
Cozad .....Cozad Hardware
Doniphan .....Lepin Hardware
Elmwood .....Stubbenbeck Farm Store
Fairbury .....Fairbury Hardware
Fremont .....Kollmeyers Hardware
Grand Island .....Ace Hardware
Hastings .Foote Equipment Co. "Big G"
Humphrey .....Werner's True Value Hardware
Imperial .....Rouze Hardware
Indianola ..... Lund
Kearney .....Ace Hardware
Kimball ..... Parkhouse Hardware
Lexington .....Hennek True Value
Lincoln .....Ace Hardware
McCook .....Ranchers TV Supply
Nebraska City .....Wenzl Hardware
Norfold .....Master Mart True Value Hardware
North Platte ....Hasses Ace Hardware
True Value Hardware & Home Center
Omaha .....A & W Pro Hardware
Beacom Hardware
C.C. Johnson Ace Hardware 419
Laird Hardware
Millard Ace Hardware
O'Neill .....Coyne Hardware
Rushville .....Hinns Ace Hardware
St. Paul .....St. Paul Hardware
Scottsbluff .....Ace Hardware
Stanton .....Gaddie TV Hardware
Tekamah ..... Jans Hardware
Valley .....Ken's Pro Hardware
Wauneta .....Grimm's Hardware, Inc.
Wymore .....J&L Pro Hardware

NORTH DAKOTA

Bottineau ....Christopherson Ace Hdwe.
Otheims Our Own
Clifford .....Clifford Hardware
Dickinson ..Schillas Our Own Hardware
Dunseith .....Evans Hardware Hank
Fargo ....Brakke True Value Hardware
Grafton ..... Ace Hardware
Grand Forks ..... Ace Hardware
New England .....Gardner and Zeren
Rugby .....C & G
Valley City .....Ace Hardware
West Fargo ....Lindgrens OK Hardware

SOUTH DAKOTA

Aberdeen .....Coast to Coast Store 33
Britton .....Barber Hardware
Brookings .....Walta OK Hardware Co.
Chamberlain ...Wedmore Ace Hardware
Clark .....Desnoyers Hardware
Doland .....Doland OK Hardware
Highmore .....Ellerton OK Hardware
Huron .....Mahowald O.O. Hardware
McIntosh .....Paul's Hardware
Sioux Falls .....Ace Hardware
Wagner .....Stedrosky Brothers Co.

OKLAHOMA

Ada .....Mauch Promart Home Center
Alva .....Bloyd Dist. Co.
Arnett .....Miller Hardware
Bristow .....Wagoner Pro Hardware
Chandler .....Lawrence Pro Hardware
Cushing .....Billings Hardware
Holmes Pro Hardware
Edmond .....Snyder Pro Hardware
Enid .....Ernie's Trading Post
Rude Pro Hardware
Frederick .....Frederick Hardware
Madill ..Ward's Hardware & Furn. Co.
Mannford .....Holmes Pro Hardware
Mooreland ....Mooreland Pro Hardware
Mountain View ....Caruso Hardware & Furniture
Newkirk .....Houser Pro Hardware
Nowata .....Clark Pro Hardware
Oklahoma City .....Bolton's Hardware
Ryan .....W.W. Guest Hardware
Sand Springs ....Gilliam Pro Hardware
Sapulpa .....General Millwork Sentry Hardware
Sayre .....Sayre Ace Hardware
Stigler .....Dobyns-Lants Hardware
Stratford ....C.M. Mays Pro Hardware
Tahlequah .Lowry Hardware & Furniture
Tulsa .....C & R Sentry Hardware
Tuttle ....Streber Tuttle Pro Hardware
Vian .....Huggins Hardware
Wagoner .....Sullivan Pro Hardware
Watonga .....Rice Pro Hardware
Wetumka .....Herring Pro Hardware

TEXAS

Aransas Pass ...Naylor's Pro Hardware
Austin .....Calco Home Centers
Capitol TV Hardware
Bellaire .....Kelly's Ace Hardware
Brenham .....E.A. Mickan Hardware
Brownsville .....Willis Pro Hardware
Canton ....Eubank Brothers True Value Hardware
Center .....Payne-Payne
Clarendon .....Henson's
Cleburne .....Cleburne Hardware
Conroe ...Everett & Sons TV Hardware
Corpus Christi ....Flour Bluff Promart Home Ctr.
Porstairs Pro Hardware
South Park Pro Hardware
West Side Promart Home Ctr.
Cushing .....Cushing Hardware & Furniture Co.
Daingerfield .....Irvin Hardware
Dallas .....C & S TV Hardware
Edgar True Value Hardware
Elliott's TV Hardware
Lindop True Value Hardware
L.J. Sharp TV Hardware
Decatur .....Western Auto Store
Del Rio ..... A. C. Hardware 1288
Russell TV Hardware
Denton ..Town & Country Home Center
Donna .....Bell's Pro Hardware
Duncanville .....DeFord TV Hardware
Edinburg .....Gaston Pro Hardware
Falfurrias ....Falfurrias Pro Hardware
Fort Worth .....Westcliff Hardware
Fredericksburg .Fredericksburg TV Mch.
Friendswood .....Friendswood Home & Feed Sply.
Garland ...Baker True Value Hardware & Furniture
George West .....Frio Pro Hardware
Gonzales .Johnson's True Value Hardware
Grand Prairie ..Grand Prairie Hardware
Hallettsville ..Grallmann's TV Hardware
Houston .....Brad's Hardware
C & D True Value Hardware
Golcrest Hardware
Mangum Ace Hardware, Inc.
Walker-Kurth True Value Lumber
Itasca .....McPherson True Value Hdwe. and Furniture
Lake Jackson .....Duensing Hardware
Laredo .....Dr. Ike's Economy Center
Siros Ace Hardware
Littlefield .Nelson True Value Hardware
Livingston .....Jackson TV Hardware
Lubbock .....Meinecke Brothers
Lufkin ....Abney & Medford Hardware
Lyford ....Texas Promart Home Center
Nacogdoches ..Cason-Monk TV Hardware
Nacona .....Scott Bros.
Navasota .....Runer, Pierce & Fultz TV Hardware
Pampa .....Pampa Hardware Co.
Pecos .....Leader Hardware Co.
Pharr .....Hale Hardware
Port Arthur ..Robert Diamond Hardware
Port O'Conner ....Intercoastal Promart Home Ctr.
Premont ..Tony's Promart Home Center
Riviera ..Yaklin Promart Home Center
Roma .....Gonzalez Pro Hardware
Saginaw .....Elkins TV Hardware
San Angelo .....Home TV Hardware
San Antonio ..Alamo Heights TV Lumber
Warfield Smith Hdwe. & Supply
Sulphur Springs ..Cravers Ace Hardware
Taft ....Taft Tru-Value Implement Co.
Temple ..... Temple Hardware
Terrell ..... Terrell Hardware
Texas City .....Cameron Hardware Co.
Tyler ....Cassity Jones Lumber & Hdwe

Van Alstyne ..Veazey True Value Hdwe.
Weimar ..Weimar True Value Hardware
Weslaco ....Andersen TV Hardware Co.
Whitney .....Sims Hom Center
Wills Point ..Lybrand-Williams Hdwe.
Woodville .....Sullivan's Hardware

UTAH

St. George .....Pickett's Lumber & TV Hardware

WYOMING

Every cook wants the best equipment she can get, but doesn't always know what it is or where to get it. Now there's a new book that solves the problem

 continued from page 30

turies . . . **The Encyclopedia of Victoriana** (Macmillan, $24.95 until Dec. 31; then $27.50), including both British and American decorative art, has chapters by 29 authorities on their particular subjects—furniture, silver, jewelry.

MISCELLANEOUS PLEASURES

The Landscape of Man (Viking, $35), by Geoffrey and Susan Jellicoe, shows how man, throughout the ages and the world, has molded his environment to express or symbolize ideas from prehistory to the present. About a fifth of the book is devoted to planning since 1945.

The Magnificent Continent (Rand McNally, $25 until Dec. 31; then $30) is a paean to the varied scenic wonders of North America—Alaska to Mexico—many of them familiar, some relatively unheralded, all, spectacularly illustrated, quite breathtaking.

Flowers: a Guide for Your Garden (Abrams, 2 volumes, $50), by Ippolito Pizzetti and Henry C. Cocker, includes over 300 separate genera with color plates selected from rare 18th- and 19th-century horticultural periodicals. Over 500 drawings identify species and varieties.

Needlepointers who reveled in Lou Gartner's first book now can have **More Needlepoint Design** (Morrow, A House & Garden Book, $16.95), a collection of 80 stunning needlepoint designs—a jaguar supine on a tree branch; pillows as shells, animals, baskets of fruits; rug designs—which you can transfer yourself to canvas.

For "birdmen" on your list: **The Pleasure of Birds** (Lippincott, $14.95) edited by Les Line—essays about birds and related subjects by the expected—ornithologist Roger Tory Peterson, naturalist Edwin Way Teale—and the unexpected—ex-drama critic Brooks Atkinson, fighter-aerialist-footballer-tympanist-whoknowswhatall George Plimpton. Illustrated with photographs from *Audubon* magazine.

FOR A GOOD READ

Books for theatre, movie, dance buffs: **Musical Stages** (Random House, $12.50). Richard Rodgers tells with affection and gentleness about his life, his association with lyricists Lorenz Hart and Oscar Hammerstein, his experiences with famous theatrical personages, and how all those wonderful melodies people will always be singing came to be written . . . **Love or Nothing: The Life and Times of Ellen Terry** (Scribners, $10) by Tom Prideaux is the biography of the great English actress and perforce also of her famous costar Sir Henry Irving. Her intriguing correspondence-only friendship with Shaw and her sometimes flamboyant relationships with other well-knowns of her era help spice up the book . . . Don't mistake **Change Lobsters—and Dance** (Macmillan, $8.95) for another creampuff autobiography of a glamour queen. It is Lilli Palmer's unusually well-written, unsparing account of her eventful life. She is particularly moving when telling what it was like to be a Jewish actress in Germany as Hitler came to power and how it felt to return after World War II and relate again to people whose political past she was uncertain of. Of course, there are also plenty of anecdotes about the famous—Garbo, Noel Coward, Rex Harrison (her husband), and a particularly touching one about an encounter with Helen Keller.

The serious student—and everyone who likes witty, literate writing for the theatre—will enjoy **Bernard Shaw: Collected Plays with Their Prefaces** (Dodd, Mead, 7 volumes, $15 each), which contains all fifty-two plays, their prefaces (many as famous as the play), and pertinent essays and program notes. All seven volumes would make a superpresent . . . Balletomanes have **Ballet Guide** (Dodd, Mead, $15) by Walter Terry, dean of American dance critics. Over 500 ballets, many, particularly the Russian ones, never before included in books, are described with historical background, cast listings, choreographic, musical, and scenic credits. A good glossary of ballet terms helps a neophyte know what a critic is talking about when he mentions, say, an echappé or pas de poisson.

A handful of books, any one of which, should please the most discerning reader: **The Nature of Alexander** (Pantheon, $15 until Dec. 31; then $17.95). Mary Renault, who has written two highly successful novels about Alexander the Great, here presents all the facts that are known, presumed, or likely ever to be known about this complex superhero. A highly readable book, profusely illustrated with photographs of places where events occurred and drawings and photographs of artifacts and sculptures of people involved in Alexander's dramatic life.

In **Freedom at Midnight** (Simon and Schuster, $12.50), Larry Collins and Dominique Lapierre have chosen as their point of departure the end of English rule in India. The protagonists, of course, are Gandhi and Mountbatton, but dozens of fascinating characters parade through this spellbinding bit of history.

Leakey's Luck (Harcourt Brace Jovanovich, $14.95), by Sonia Cole, is a biography of that extraordinary man—Louis Seymour Bazett Leakey—whose archaeological discoveries in Africa radically revised our whole conception of the age of man. He was a peppery, difficult, opinionated, stubborn, brilliant, lovable man—a true "oner" and his life, amazing adventures, and discoveries make a delightful story.

If you take **Power! How to Get It, How to Use It** (Random House, $8.95) by Michael Korda with the largest grain of salt possible, it is great fun; if you want to use it as a primer—watch out! Here are all the nasty little ploys and techniques you can use to push your way up the corporate ladder and to dominate your underlings once you've grasped some power. There are even ways to arrange your furniture to indicate your power—and where to stand for the most effect during an office party! It's all intriguing, at times hilarious, and in the final analysis just a little scary—there's always the chance that Korda may be right!

For culture watchers, an indispensible "document": **The Philosophy of Andy Warhol (from A to B & Back Again)** (Harcourt Brace Jovanovich, $7.95). A further chapter in the invention of Andy Warhol by Andy Warhol. Some real gems of observation in a lot of blue clay.

The virtues of a birchbark canoe in an aluminum age. How to build a bark canoe, exactly described and illustrated. The young man, not an Indian, who has revived this Indian craft to perfection—the fascinating ingredients of John McPhee's **The Survival of the Bark Canoe** (Farrar, Straus and Giroux, $7.95).

Autobiographical reflections rather than a conventional autobiography, Loren Eiseley's new book **All the Strange Hours** (Scribners, $9.95) is just what its subtitle says, "The Excavation of a Life." In some chapters the adventures are Dr. Eiseley's, in others he is a reflective observer and in all, an eloquent perceiver and celebrator of nature's "beauty, terror, and uncertainty." ■





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The Original Littles© meet The Little Littles from The Schmid Collection
of Hudson Pewter™

First. Schmid captured all the timeless appeal of childhood with the Original Littles and now Schmid brings you a new half-sized edition of these charming original sculptures. Though both of these enchanting creations by talented sculptress Walli Ortman share a common theme, the artist's treatment is preciously different. Dress Up measures 4″ high and is graced with copper-hued accent; Mommy's Clothes is 2″ tall and both sculptures are cast in genuine solid pewter by America's leading pewter specialists. You can take these little ladies home for just $30 and $15 respectively at fine stores. Write for the name of the one nearest you. Distributed exclusively by Schmid Brothers, Inc., Randolph, Massachusetts 02368.



By Margaret Morse

Practical presents
you can order by mail

A pen that writes even upside down, at any angle, on glossy paper or photographs, at temperatures from 50 degrees below to 400 degrees above, even under water. Used on Apollo flights, it's checker-etched metal. "The Space Pen," # 121121, is $5, each refill $1.25, The Vermont Country Store.

Cocktail coasters with past—In some Parisian cafés, one knew the bill for a drink from the kind of coaster it came on. Reproductions of four, white ceramic bordered in different primary colors, $6.85 gift-wrapped from Propinquity.

A clever telephone call amplifier that, laid next to the phone receiver, is said to make it possible for anyone in the room to hear or be heard by the person at the other end of the line. You have your hands free. And the whole family can listen in on calls. Four inches tall, battery included. #NB259, $10 plus postage (2 lbs.) from Hammacher Schlemmer.

The snappiest way to dry the dishes, "Blue Willow" Irish linen towels in many shades of blue crisped with white. A pair is #6509C, $7.45 (add 35¢ for gift box), The Horchow Collection.

"To The King's Taste" adapts forty of Richard II's **14th-century recipes for modern cooking.** The book alone (#R1) is $5.95, can also be ordered with six herbs common to medieval cookery, #R2, for $9.75. **A handsome over-the-head apron** of natural duckcloth is patterned in black with medieval woodcut designs of large-as-life cooking utensils. With terracotta piping and seven pockets, it's #T2 and $12.95. Both, the museum shop at The Metropolitan Museum of Art. Add $1.25 shipping per order.

FOR PARTIES AND PARTY PEOPLE

Breakfast sparkle à la Baccarat **—a jewel of a covered crystal jam jar,** 4 inches high. An almost Victorian, 6-sided design, with crystal spoon. It's #4517D from The Horchow Collection and $24.65. For gift box add 35¢.

The ice bucket brigade—Scale models of drums from British Commonwealth countries on the outside—each will keep 2½ pints of ice for five hours. The "drum" of the "1st B" The Royal Irish Fusiliers" is dark green with red. Of "The Honourable Artillery Company," navy. "The Buffs (Royal East Kent Reg't)" is mustard with red. And "The Queen's Reg't," black with white and red. "The Royal Air Force," gray with red. Metal exterior, white plastic interior and lid. Each $31 from Dunhill of London.

Frosty glasses take their contemporary pattern from craggy icebergs. 8-ounce Old Fashioned, 9-ounce highball, $6 each. 2-ounce jigger, $4.50. Open ice bucket, 5½ inches excluding handle, $19. "Feuerland" by Charlottenhütte. Imported by Hummelwerk. At Haus Edelweiss. Add $2 per order for shipping.

Be merry, Bicentennial style—As part of its "America the Beautiful" theme, Joske's has designed a contemporary eagle and embossed it on the rim of an Armetale metal service plate, etched it on glassware. The broad-rimmed service plate in the pewter-like alloy is $15 plus postage (2 lbs.). By Wilton Armetale. 10-ounce double Old Fashioneds and 15-ounce highballs are $2 each plus postage (½ lb. each) and a contemporary glass beer stein in a wooden box, $10 plus postage (1½ lbs.). At Joske's.

A pretty way to **keep the soup course piping hot**—covered soup bowls and plates in a contemporary shell pattern. By Fitz and Floyd. Bowl and plate together are $15.85 from Rich's.

Clipper ships for dessert: A reproduction of a Chinese export porcelain piece, the "Ship Plate" is a shallow white bowl with a ship flying the American flag on a green sea and, at the slightly crimped edge, a painted ribbon of royal blue and gold stars. 5½ inches in diameter, $18.50 (#F7) from the museum shop at The Metropolitan Museum of Art. Add $1.25 shipping per order.

Toast to '76 with a **pewter punch cup**—The "Jefferson Cup" a very simple unadorned shape (it has no handle) that looks very contemporary, would be equally suited for other libations. It's $6 plus postage (1 lb.). For nibbles or sauces, a traditional **pewter porringer** with a filigree handle is $22.50 plus postage (2 lbs.). Both by Kirk. From Woodward & Lothrop.

CHEER FOR THE HOSTS AND THE HOUSE

Heavenly, heavenly potpourri! Made by a new secret process that helps hold the petals' colors as well as their fragrance. Three totally natural fragrances—Jungle Paradise, Woodland Rose, and Bicentennial (a mixture of cloves, cinnamon, and spices)—in charming containers. Some selections: round open basket in two sizes—4 inches

Continued on page 44

PRICES APPROXIMATE, POSTPAID UNLESS OTHERWISE NOTED. STORE ADDRESSES, PAGE 48.
FOR CHRISTMAS DELIVERY, ORDER BY DECEMBER 1.



Give the Potion of Love.

Amaretto di Saronno. Italy's rare liqueur of love in this beautiful new veloured gift box.

Historians tell us that in 1525 a young widow created the original Amaretto di Saronno and gave it as a gift of love to Bernardino Luini, the artist who immortalized her in a famous fresco in Saronno, Italy.

Her name is lost to history but what remains is the original Amaretto di Saronno with its intriguing taste and provocative bouquet.

We've even left a rose alongside our name as a reminder of how it all began 450 years ago.



Try Amaretto di Saronno tonight. In this very seasonal way.

The Bowl of Love

Stir ½ bottle of Amaretto di Saronno with each quart (non-alcoholic) egg nog in a punchbowl. Add ice cubes. Sprinkle crushed Amaretti cookies or nutmeg over the top.

Discover the many other ways to use Italy's rare liqueur of love. Write for our free drink recipe booklet and food recipe booklet, "Gourmet Secrets." Address: Foreign Vintages, Inc., 98 Cutter Mill Road, Great Neck, New York 11021, Dept. 002.

Amaretto di Saronno.

The Original Amaretto. From the Village of Love.

56 Proof. Imported by Foreign Vintages, Inc. Great Neck, N.Y. © 1975.

Try presents that are time-savers, money-savers, space-savers, such as a telephone amplifier, a dehumidifying breadbox, or a fold-up picnic table

Practical presents continued from page 42

in diameter, $9; 4½ inches in diameter, $11. Oval open basket 6 inches long, $16. Urn-shaped lidded basket 4½ inches high, also $16. Split bamboo cylinders in three sizes—4¼ inches high, $19; 9 inches high, $41.50; 11 inches high, $61.50. Round moss-covered basket 8 inches wide is $41.50. Shipping and gift-wrapping included. By Ronaldo Maia. From Bergdorf Goodman, New York (1st or 4th floor) or White Plains.

A "natural" wreath with a good cause—The "Della Robbia" wreath is natural spruce covered with pine cones, lotus and liquidambar pods, cypress, jacaranda, screw beans, eucalyptus, nut shells, winesap apples, and such, most in their natural colors. Each is one-of-a-kind. Large 30-inch wreath is $20.95; small, 20 inches, $12.95. Shipping anywhere in U.S., including Alaska and Hawaii, included. Proceeds cover a third of the cost of Boys Republic, a home and school founded in 1907 for disadvantaged boys, who help gather materials for the wreaths. From Boys Republic, Chino, Cal. 91710.

The snappiest turtle makes flower-arranging a snap—his contemporary, chrome-rimmed shell has a transparent "honeycomb" dome that keeps short-stemmed flowers perfectly placed. 8 inches long. $22.05 from Sakowitz.

If you love "tortoise" bamboo you'll love this floor **magazine rack** painted a deep dark ox blood. Made in Italy, it's $66.50 from Strawbridge & Clothier.

A Christmas present to remember, a **mahogany corner chair and stool** that commemorate the Bicentennial—handsome yet graceful, with 1776 and 1976 painted in faint "gold" on the sides of both. Damask upholstery on both has the Federal eagle woven in, comes in Colonial red, antique white, or Federal blue. Chair, $200 plus shipping (40 lbs.). Stool, $100 plus shipping (20 lbs.). By Hickory Chair. The Trend Shop at L.S. Ayres.

For a warm white Christmas, a dreamy white cashmere throw 6 feet long! With thicker white yarn crisscrossing it throughout, knotted fringe at either end. 54 inches wide. $117.05 from Sakowitz.

Pouffy Oriental-style quilted bedspreads with one-of-a-kind embroideries. King-sized silk ones about $350 to $600 each, custom pillows $95 to $250 each at Harold's Place. King-sized silk spread is $350, queen-sized batik one $250 at A Thousand Flowers. By Julian Falk.

A delicate but monumental **abstract sculpture for walls**, "The Peacock" looks like an autumn tree seen from the air. Of antiqued copper-toned metal, 46 by 45 by 8 inches, it's about $170 plus shipping (20 lbs.). To see this and more tabletop and wall sculptures from about $20 to $200 write for free brochure from Artisan House, Los Angeles, Cal. 90026. This December you can see selected Artisan House sculptures ("The Peacock" can be special-ordered) at The Trend Shop at L.S. Ayres.

LIBERATING PRESENTS FOR MEN—WOMEN MIGHT LIKE THEM TOO

Backgammon, move over. Here comes "Counterstrike"—a two-player dice game you need luck and skill to win. After the basic moves are mastered, a game takes about 15 minutes. Many subtle ties—and a doubling die to raise the stakes—for experts. Attaché case board, dice cups, checker-like counters, international as well as beginners' abbreviated rules. $50 from Essex Game Co.

A pushbutton corkscrew designed to be as effortless and safe as possible. A carbon dioxide cartridge (as in home soda siphons) supplies "pull" power, not you. No carbon dioxide gets into bottle. "Mister Maximum" with 1 cartridge, $13.25, Gifts for Men.

Is there anything more welcome during holiday dinners than **the right cutlery to do the job?** The "Triple Crown" **carving set**—fork, knife, sharpening steel, brown laminated wood handles, stainless steel blades—is about $31.50. By Case Cutlery at stores across the country.

A booklet to forecast the weather by—used as an adjunct to your barometer, "The Sager Weathercaster" helps you predict weather

Continued on page 46

ALL ARE APPROXIMATE. POSTPAID UNLESS OTHERWISE NOTED. STORE ADDRESSES, PAGE 48. FOR CHRISTMAS DELIVERY, ORDER BY DECEMBER 1.



Donald Dawkins rejects pulleys 1/1000th-inch out of round. After all, who wants a grandfather clock that gains two minutes every month?



Dawkins, master machinist, supervises the production of every one of the 166 metal parts made on this machine for a Herschede grandfather clock.

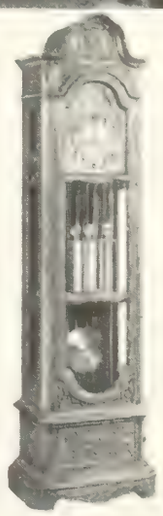
He knows the peculiar ways of machining brass and steel, as a chef knows the limits of butter and flour.

In an age of mass-produced mediocrity, Dawkins is something of a rarity. He insists upon, and gets, perfection from the machinists who tend lathes under his demanding eye.

The two words he hates most are "good enough". Clockmaking is no profession for the slovenly.

Herschede is the only American clockmaker manufacturing movements for grandfather clocks. Others import cheap movements from abroad. We trust Don Dawkins because we know how meticulous his standards are.

Herschede



You can see all of the meticulously crafted Herschede clocks, from $4400 on down, by sending 50 cents for a color catalog to the Herschede Hall Clock Company, Starkville, Mississippi 39759. A division of Arnold Industries.



Gold Medal winning clocks since 1885

Christmas '75 is the perfect time to discover the beautiful reproductions of American crafts and furniture from museum shops and stores across the country

Practical presents continued from page 44

within 30 miles. Spiral-bound, 26 pages. Works north of latitude 25° North. #8587, $7.95, L.L. Bean.

Long live the crackers: The "Brisker" electric breadbox dehumidifies as it stores—crackers, cereal, potato chips, and popcorn keep fresh, salt and pepper flowing. For home (115-volt AC model) or boat or camper (32-, 12-, and 6-volt DC models). In polished chrome or satin copper finish, 18¾ by 11 by 11 inches. Any model is $31.45 east of the Rockies, $32.95 west of the Rockies from the manufacturer. By Brisker Products.

HANDSOME CRAFTS TO COLLECT, NEW PROJECTS TO DO

Romantically Art Nouveau—**A handblown goblet, flower-shaped.** While still hot the clear glass cup was decorated with scallop upon scallop of "gold," then a broad scallop of cobalt blue. Made in America today, about 10½ inches tall, each varies slightly because it's handcrafted. Each $52.10 (#6540E) from The Horchow Collection. For gift box add 35¢.

Beautiful freeblown glass is rarely made today, but the museum shop at The Philadelphia Museum of Art has found craftsmen to reproduce some **South Jersey glass** for it. Particularly striking is a green "feathered" pitcher 6¾ inches high, $47.50.

If someone loves **searching out native history and art** "The Original Oldstone Rubbing Kit" is the start of an inexpensive and portable hobby. Wax rubbing done properly on well-preserved carvings—gravestones, historic markers, coins, even fossils, and manhole covers—shouldn't damage them and gives you full-sized reproductions. Kit ($8.50) tells how, has five 24-by-36-inch sheets white rubbing paper, black and brown wax, tape, cleaning brush, sturdy black cardboard tube-case. Smaller child's rubbing kit ($3) has four colored waxes, no tube-case. Pamphlet on **New England gravestone carvings** with fold-out map of 200 sites is $2.25. Colored, "silver," "gold" waxes, white and black paper sold separately. From Oldstone Enterprises. (By the way, The Museum of The City of New York plans to give a **wax rubbing course** next year.)

At a loss for a present for a do-it-yourselfer—something that won't break the bank and that you won't have to give yourself away for asking "what model . . . do you have?" The T-50 **staple gun** by Arrow does many do-it-yourself jobs in a fraction of the time. All steel, compression spring drives staples (from ¼ to 9/16 of an inch) into hardwoods, plywoods, even soft metals. About $16 at hardware stores across the country.

LONG PLAYING PRESENTS FOR CHILDREN

New or accomplished guitarists will love the variety of **folk and classical guitars** by Yamaha. There are even two folk guitars with amplifier pickups and a folk and a classical three-quarter-sized guitar for young musicians. About $86 to $261 at Yamaha dealers.

On Abracadabra Alley—color-changing handkerchiefs, a Svengali card deck, Chinese laundry ticket trick—all the props a young magician needs to do 102 tricks. With illustrated instructions. Magic Set is #54-23-649-7 and $15.95 plus $1.66 shipping. **Cute-as-a-button doll carriage**—a natural-colored wicker basket on wheels with a ruffle-edged yellow and white gingham-checked folding canopy. 16 inches high, with turned wooden legs, rubberized wheels. #52-10-186-5 and $49.95 plus $2.25 shipping. Both from F.A.O. Schwarz.

Coloring books **with history between the lines**—Seven amusing ones: on Shakespearean characters, dinosaurs, American or British soldiers of the American Revolution (two books), great women in history, or a Chaucer coloring book with tear-out record of a Middle English reading (all $2.50 each), flags of the American Revolution ($1), plus bright-colored Revolutionary helmets to cut out and wear ($2.95 for each of 2 books). Posters to color, 23 by 35 inches—of Bottom in *A Midsummer Night's Dream*, Bach, the young Mozart, dinosaurs, and such, $1 each or 7 for $5. Add 25¢ shipping on all orders. By mail from Bellerophon Books. ■

... AND ... OTHERWISE NOTED, STORE ADDRESSES ... PAGE 48 ... FOR CHRISTMAS DELIVERY, ORDER BY DECEMBER 1.



Cristal d'Arques has perfected the art of giving.

There could scarcely be a more flattering gift than genuine lead crystal. Elegant. Prestigious. Recognizing the good taste of the receiver. Let people know how highly you think of them, with a gift from Cristal d'Arques. Full lead content (24%). Clarity. Brilliance. And the impressive weight that signals quality. Shown: Ancenis vase, Lude ashtray, Cheverny On-the-Rocks. Just three beautiful examples of the Cristal d'Arques giftware collection, a wide selection of elegantly packaged gifts from $3.* All designed and crafted in France to be enjoyed every day.

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The not-so-accessible Beaulieu and how to find it.

There's a kind of community of Beaulieu-lovers who speak for us. Thus, there are always more people who want Beaulieu than there are bottles of our wine.

Won't you bear with us? As a matter of fact, this year we're fortunate enough to have a bit more to go around so there's a greater likelihood that Beaulieu is at your wine merchant. Of course, when you're dining out chances are you'll find us on the wine list at superlative restaurants.

Do remember that our beautiful Napa Valley vineyards are small, our grapes are pedigreed, and our Estate and Vintage-bottled wines are perhaps the most fastidious in the land. If it weren't so we'd surely be more accessible.

Beaulieu BV Vineyard

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Hand made. For nearly a hundred years.



Steiff BUTTON IN EAR

Store directory

Addresses of stores, mail-order firms, and other sources for our Christmas presents (pages 42 to 46 and 96 and 97)

ABRAHAM & STRAUS, 420 Fulton St., Brooklyn, N.Y. 11201

ALFRED DUNHILL OF LONDON, 620 Fifth Ave., New York, N.Y. 10020

ANDRÉ EMMERICH GALLERY, 41 E. 57th St., New York, N.Y. 10022

ANDREW DOWNS, 33 E. 65th St., New York, N.Y. 10021

APELGARDEN, 1091 Rt. 25 A, Stonybrook, N.Y. 11790

ARROW FASTENER CO., 271 Mayhill St., Saddle Brook, N.J. 07663

ARTISAN HOUSE, Los Angeles, Cal. 90026 Free brochure.

A THOUSAND FLOWERS, 311 Grant Ave., San Francisco, Cal. 94108

B. ALTMAN & CO., 361 Fifth Ave., New York, N.Y. 10016

BELLEROPHON BOOKS, 153 Steuart St., San Francisco, Cal. 94105 Free catalogue.

BERGDORF GOODMAN, 754 Fifth Ave., New York, N.Y. 10019 and Maple Ave., White Plains, N.Y. 10601 Catalogue $2 refundable with first purchase.

BLOOMINGDALE'S, Lexington Ave. at 59th St., New York, N.Y. 10022

BONWIT TELLER, 721 Fifth Ave., New York, N.Y. 10022

BOTTEGA VENETA, 655 Madison Ave. and 211 E. 60th St., New York, N.Y. 10021

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BRISKER PRODUCTS, 2343 Gilbert Ave., Cincinnati, Ohio 45206

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DIVERSIONS, 905 Madison Ave., New York, N.Y. 10021

DOVER PUBLICATIONS, 180 Varick St., New York, N.Y. 10014 Free catalogue

ESSEX GAME COMPANY, 1123 Broadway, New York, N.Y. 10010

FABRICATIONS, 246 E. 58th St., New York, N.Y. 10022

FAO SCHWARZ, 745 Fifth Ave., New York, N.Y. 10022 Catalogue $1

FOLKLORICA IMPORTS, 24 E. 21st St., New York, N.Y. 10010

FULLER OFFICE FURNITURE, 45 E. 57th St., New York, N.Y. 10022

GIFTS FOR MEN, 265 Peachtree St., N.E. Atlanta, Ga. 30303

GO FLY A KITE STORE, 1434 Third Ave., New York, N.Y. 10028 Catalogue 25c

GUCCI, 699 Fifth Ave., New York, N.Y. 10022

HAMMACHER SCHLEMMER, 147 E. 57th St., New York, N.Y. 10022

HAROLD'S PLACE, 420 N. Bedford Dr., Beverly Hills, Cal. 90210

HAUS EDELWEISS, For mail orders: Suite B-4, 4800 W. 34th St., Houston, Tex. 77018. Store at 766 Memorial City Shopping Center, Houston, Tex. 77024

HENRI BENDEL, 10 West 57th St., New York, N.Y. 10019

HERMÈS OF PARIS, 745 Fifth Ave., New York, N.Y. 10022

HUMMELWERK, 250 Clearbrook Rd., Elmsford, N.Y. 10523

I. MAGNIN, Union Sq., San Francisco, Calif. 94108

JEAN-JACQUES BLOOS LTD., 1025 Lexington Ave., New York, N.Y. 10021

JEAN JESSOP, 64 Blackburn Rd., Summit, N.J. 07901

JOHN ROSSELLI, 255 E. 72nd St., New York, N.Y. 10021

JOSKE'S, Box 26735, Houston, Tex. 77032

LAMPLAND, 595 Ave. of the Americas, New York, N.Y. 10011

LÉRON, 745 Fifth Ave., New York, N.Y. 10022

LIMITED EDITIONS, 253 E. 72nd St., New York, N.Y. 10021

L.L. BEAN, Freeport, Me. 04032 Free catalogue

L.S. AYRES, 1 Washington St., Indianapolis, Ind. 46204

MACY'S, Herald Sq., New York, N.Y. 10001

METROPOLITAN MUSEUM OF ART, 22 Gracie Station, Dept. HG, New York, N.Y. 10028 Catalogue plus announcements of new reproductions during next year, $1

NATIONAL FURNITURE, 115-117 E. 29th St., New York, N.Y. 10016

NEW YORK PUBLIC LIBRARY SALES SHOP, Fifth Ave. at 42nd St., New York, N.Y. 10036

OLDSTONE ENTERPRISES, 77 Summer St., Boston, Mass. 02110.

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Little Girl
With Umbrella

Little Boy
On Sled

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Now you have the glass to put it in.

The Great American Lead Crystal by Fostoria

questions & answers

Antiques

By Louise Ade Boger

AMERICAN EMPIRE TABL

Is this table American or European? Does it have any particular style name? And when was it made? H.C.D.—Laceyville, Pa.
Your notably fine example of an American Empire style pier table was made in New York City about 1825-1830. The stenciled decoration that appears on the frieze has been applied under the mahogany finish, which protects the decoration from wear.







POTTERY MARK

From this mark, can you identify my platter? Why does it say "opaque"? A.K.—Mullin, Tex.
The mark on your platter was used at Sarreguemines (French spelling) or Saargemünd (German), a principal town on the Saar River in Alsace-Lorraine, where, because of the fine quality clays of the Saar Basin, a considerable manufacture of pottery and porcelain has been carried on since the end of the 18th century. "Opaque" indicates your dishes are pottery; porcelain is translucent.



PARTON PAINTING

My painting is by the artist Ernes Parton. Can you tell me abou him? O.D.M.—Irvington, N.J
Ernest Parton, American Schoo artist, was born in Hudson, N.Y. in 1845 and died in London i 1933. He studied in England an exhibited his landscapes at th Royal Academy, London; and th National Academy of Design, Nev York. His painting, "The Waning of the Year" is in the National Gal lery in London.



SETH THOMAS CLOCK

My clock says "made by Seth Thomas Clock Co. expressly fo L.B. Price Co." Can you explain this? M.E.W.—Winfield, Kans
It is a premium model made by Seth Thomas just for the L.B Price Co. These clocks were no ordinarily shown in the Thomas catalogue, as each special order was apparently modified to differ from the normal models. Yours is a take-off on the college series of clocks (Yale, Harvard, etc.) and I presume was made about 1905-1910.





ICTORIAN CANDLESTICK
ıere were my candlesticks
de? What is their style?
E.G.—Huntingdon Valley, Pa.

Hodd & Sons, English silver ınufacturers, made your plated ver candlesticks, perhaps about 1870s. In England, after out 1765, the styles of silver ndlesticks followed the Neo-ıssical designs of architect Rob- Adam. Your type of candle-ck with a columnar shaft and rinthian style capital was much vored in the late 18th century.



ROYAL WORCESTER PLATE
From the mark, can you tell who made my plate?
C.L.G.—Braintree, Mass.



Your plate was made by Royal Worcester, England, in 1879. The asymmetrical floral design in overglaze enamels reveals a subtle rhythm and richness reminiscent of Japanese Nabeshima.



REVIVED ROCOCO CHAIR
I would like to know where my armchair was made, about how old it is, and anything you can tell me about its style.
B.B.S.—Chicago, Ill.



Your parlor armchair of the balloon-back type is in the Revived Rococo or Victorian Louis XV style. The chair was made in the United States about the middle of the 19th century. A well-proportioned frame combined with a discreet use of carved ornament gives your chair an agreeable character.



STAFFORDSHIRE CHOCOLATE POT

This chocolate pot is part of the loan exhibit "Not Dutch but Behave as Such" featuring Gaudy Dutch at the annual Delaware Antiques Show, sponsored by the Junior Board of the Delaware Division, Wilmington Medical Center. The show is held December 4-6 at the Wilcastle Center, Pennsylvania Avenue, Wilmington, Del.



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When you think of giving something very special, think of Henredon. Perhaps an elegant accent that will enhance your home—season after season, year after year. Like this unique baker's rack of wrought iron with brass trim from the Folio Ten collection of classics—ideal for plants and display—content in a country kitchen, an 18th century living room, or a contemporary bedroom. See a world of special things for you and your home by sending $1.00 for the Folio Ten brochure to Henredon, Dept. G-125, Morganton, N.C. 28655.

An easy way to bring your bathroom up-to-date ...or a perfect gift

It pays to shop at the store with the Sentry on the door!



Want to modernize your bathroom? Install a new electrical fixture? Do any of 1,000 jobs? Visit your neighborhood Sentry store. Its owner is an independent merchant who'll be happy to help you select tools and materials to "do-it-yourself" faster and easier. One of 4,500 Sentry Stores in the U. S., he offers top quality at competitive prices. He's listed under "Hardware" in your classified phone directory.

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Attaches to standard ½-inch shower arm.

Hand-held model includes bracket and chrome hose.

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The greatest improvement in showers since hot water. Delivers 800 to 900 pulsating jets per minute. Adjusts to give you a conventional spray, combination spray and massage, or massage only. It's really a whole new showering experience. Once you try it, you'll never want to take an ordinary shower again.

Merchandise shown in this advertisement available from participating Sentry dealers only. Offer expires Dec. 24, 1975. Sentry dealers own their stores. They select their merchandise and set their own prices. These are subject to change without notice. There may be variations in products, available quantities and prices in individual stores... Sentry Hardware Corp., Cleveland, Ohio 44113.

Your dollars buy more at your independent hardware store!

By Will M.

HOME IMPROVEMENT IDEAS FOR

The House Fixer



All wood spiral stair

Factory-manufactured to your requirements, the "Futura" is a prebuilt staircase; it is trucked already assembled, ready for installation. The spiral form, a great saver of floor space, has steps and balusters of 1½-inch red oak (square or turned) around a 4-inch-round oak center post with a steel core. Minimum diameter for stair is 4 feet; exact height from finished floor of one level to finished floor of the next must be provided in ordering the stair. Laminated 1½-by-2¼-inch oak handrail requires well hole 3 inches wider than stair for clearance. Taney Supply & Lumber Corp., Taneytown, Md. 21787.

Incandescent-fluorescent lamp

A fluorescent lamp bulb that lights color in rooms as accurately as an incandescent bulb does is available for your houses. Costing only about 40 percent as much to operate as an incandescent bulb of the same size would, it is 2½ times as efficient as standard incandescents and will last from 10 to 16 times as long. In addition to providing true color, the incandescent-fluorescent saves both electrical energy and operating costs. Available in sizes from 15 to 96 inches long, the tubular bulbs range in price from $2.60 to $7.75. GTE Sylvania, Inc., Endicott St., Danvers, Mass. 01923.

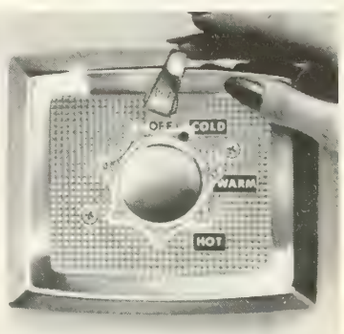
Window greenhouse

Ready-made, in one piece, the "Flora-Gro" window garden is a rectangular unit 17 inches high, 24 wide, 16 deep. Designed to fit all double-hung windows, it is made from a sheet of 3/16-inch-thick bronze-tinted acrylic plastic. The transparent acrylic permits unimpeded display of household plants and fosters growth by screening out burning sun rays. Lightweight (5 pounds), it is durable, with resistance to weathering from rain, sun, dust, and pollution. Seamless and jointless, it won't leak, but water drainage is provided at the unit's base. The greenhouse must



be protected from fire, however it is combustible. Priced fr $34.95 to $39.95. Perkasie Ind tries, 50 E. Spruce St., Perka Pa. 18944.

Safety valve for baths



To avoid sudden jets of scalding water or an icy deluge caused by variations in water pressure, you can now get a new balanced pressure valve for single-handle bath or shower faucets. Because the Sentinel Mark II valve must be turned off in the Cold position, and the water temperature is dialed from cold to warm to hot—and back—it cannot be turned on scalding hot. An added safety feature included is the adjustable Temperature Limit Stop (it is standard on all models), which can be set so that the control handle will not turn to the highest temperature. A lever to control water volume is available for the faceplate and the valve automatically reduces water flow to a minimum when water is shut off, saving both water and fuel. Shower valve comes in 32 models with acrylic or metal handles. List prices from approximately $50. Speakman Co., P.O. Box 191, Wilmington, Del. 19899.

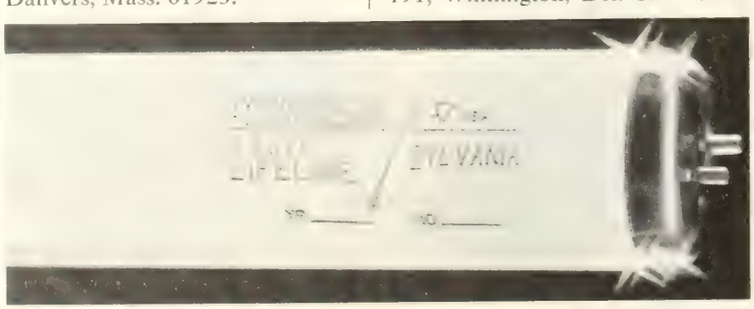
Vinyl-faced and water-resistant gypsum boar

New improvements in gyps wallboard include vinyl-faced t tone panels in various textu Linen, stipple, woodgrain, twe and textile patterns in coordina colors are factory laminated fire-resistant gypsum panels. other new product, water-resist gypsum Sheetrock panels serve a base for ceramic tile in kitche bathrooms, or laundries. U Gypsum Co., 101 S. Wac Drive, Chicago, Ill. 60606.

Burglar baffler lock

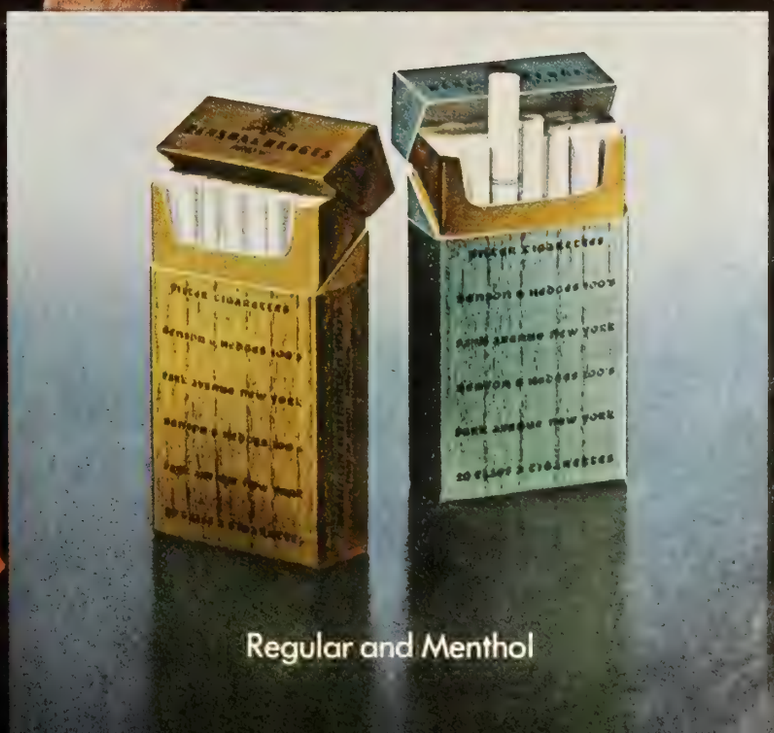


A new lock cylinder by Emha assures security for entrance doo and frustrates attempts to pick pry open the lock. The new cyli der design interlocks the pin tu blers (which have chisel point into one unit. The tumblers mu be raised to an exact height a turned to a precise angle by a sp cial key, which is provided wi angular cuts instead of the cu tomary notches. The new lock k will open Emhart's standard Rus win and Corbin lock cylinde but standard keys will *not* open t new cylinder. Therefore, the hig security lock can be installed risky areas and the standard loc in safe locations with only one k necessary. Coded keys are made order. Cylinder, $22 retail; $3 and up for lock sets. Hardwa Div., Emhart Corp., 225 Episcop Road, Berlin, Conn. 06037.



ng: The Surgeon General Has Determined
igarette Smoking Is Dangerous to Your Health.

If you got crunched at the party with your soft pack try our new hard pack. Benson & Hedges 100's



Regular and Menthol

Bakir...the dignified fragrance with animal instincts.



Frankly, Bakir™ is a seductive fragrance.

Bakir has instincts that are clearly animal. Sensuously animal.

Bakir beguiles. Bakir arouses the libido. Bakir encourages the ego.

Bakir says things that are almost impossible to say. And it says them easily... and candidly.

If this were the sum and substance of Bakir, it would still be a truly remarkable advance in the perfumer's art.

But, Bakir is more than a provocateur.

Bakir is respectable. Polite enough for a lady to wear in the most polite society.

Bakir has dignity. Bakir is correct...cordial...chaste.

Bakir is thoroughly feminine. Bakir is even demure and shy.

To meet this intriguing new split personality...stop by the Germaine Monteil® counter of your favorite department or specialty store. While you're there, sign The Beauty Register® ...our exclusive free sampling program.

Sign up when you drop in... for the best of both worlds in...Bakir.

Germaine Monteil

House & Garden,
December, 1975

Christmas in Nature

Our world is like a cluttered room—
too many things, too many distractions,
not enough light. We're losing contact with
our deeper selves, our faith.

So let us pause, this Christmas, and turn to
the source of all life—nature. "All that live
must die, passing through nature to eternity."

> Through nature, perhaps, we can strip away
> the tinsel of our busy lives and regain
> our basic humanity, our health, our equilibrium.
> By this conscious act of stopping the world,
> of returning to the source, we'll find time
> to enjoy the affection and tenderness
> that bind families together at Christmas.

Our belief in values will be strengthened—
and what is good in us will come forth,
renewed, bringing happiness to all human beings.



To Christmas with love–

How to have a back-to-nature



Christmas [illegible]. In the driveway, doors are swung wide, revealing a tree trimmed with presents and standing in a farm wagon. In the house, more Christmas (see page 75). High on six-year-old Derek Murphy's door, a wreath decorated by his sister Ginny, with candy and bows, angels she made, and a mouse that fits neatly in a walnut shell (except for a long dangly tail). For a peek inside Derek's door, turn the page.

Christmas at home



Back-to-nature Christmas

The warmth of a big old-fashioned family Christmas

A delight for children is a Christmas tree of their very own—like the one Mr. and Mrs. Francis R. Murphy set up in the playroom, *right*. Their seven children trim the tree themselves, with miles of popcorn and cranberries, and little dolls dressed as angels for the holidays. The family tree, where the presents are opened, stands in the library, *above*. Interior design by Chuck Winslow.

In the living room, *below*, full of poinsettias and overflow presents, after-dinner coffee is served on the glass coffee table with a Bûche-de-Noël baked by Mrs. Murphy.



READLE



Mrs. Murphy's Christmas countdown

July 1: Begin shopping (none too early for a family with seven children).

December 15: Decorate house —everything but the trees.

December 20: Tree-trimming party. Eggnog and Christmas cookies baked by Ginny.

Week of the 20th: A cocktail party, plus a bridge-club lunch.

Christmas Eve: Big family buffet of lasagne, pasta carbonara, salad; pecan and mince pies.

Christmas Day: Open presents; traditional turkey-and-trimmings dinner, with flaming plum pudding and Bûche-de-Noël.



Back-to-nature Christmas

The fragrance and beauty of a fresh green tree

If nature has a favorite tree for Christmas, surely her choice must be a forest evergreen, untrimmed and untinseled—a Christmas tree pure and simple. Here, not one but three beautiful balsams, looking as if they've just arrived by horse-drawn sleigh from grandmother's woods, stand serenely in the simplest of settings: the studio of artist Larry Laslo, who clears the room for dancing at holiday parties. The only light on party night comes from white votive candles on the painted floor, a curvy design by Daniel C. Baldwin that keeps the dancers whirling. Each tree stands in its own galvanized washbucket inside a big wooden tub, and is wired for stability from four places spaced along its trunk to holes punched (with hammer and nail) in the rim of the bucket. A formula of two cups light corn syrup and four teaspoons Clorox bleach thoroughly mixed with a gallon hot water helps keep trees fresh (House & Garden's tree authority explains that the bleach helps keep the vital sap channels clear so the trees can feed on the syrup-sugar, their favorite Christmas feast).

Across the swirly floor from the Christmas trees, the fireplace, *above*, contains a set of antlers instead of a flame ("A room filled with dancers is warm enough"). On the mantel, two wooden tubs painted blue to match the hearth hold huge bouquets of evergreen boughs—white pine, cedar, blue spruce, and balsam—prettily lit by white votives.

BEADLE



How to put a floor in a holiday whirl—with paint

Sand off old finish. Draw design to scale; transfer to floor with pencil (use nail-and-string compass for curves). Use enamel paint—brush edges, fill in with roller. When dry, coat with polyurethane. Paint and polyurethane labels give number of coats and drying times: When dry, add trees and music—and dance!



Tree-trimmings children can make themselves

Tiny baskets: Fill with star flowers, miniature fruits, small toys, or gum drops on toothpicks—all anchored with florists' clay. Tie a narrow ribbon on handle. *Birds' nests:* Mold 1½-inch balls of excelsior into nest shapes; brush with white glue, spray-stain if desired. Add birds on pin bases and beads for eggs. *Ribbons:* Cut plain and fancy ribbons into 6-inch lengths. Loop in bows, wire together at centers, leave ends for wiring to tree.



How to twine a grapevine wreath

Gather vines when still pliable—as soon as they've dropped their leaves. Drive four to six stakes into the ground in a circle; wind vines around stakes, interweaving them to make a good solid wreath. With twine, lash vines together at four places, tucking in loose ends (as vines dry, they will stay put). Attach with wire a variety of small kitchen presents (set of measuring spoons, cookie cutters, tin molds, ladles, scoops, and a nutmeg grater), some dried seed pods, and berries. Finish it with a big gingham bow.



Back-to-nature Christmas

Handmade presents that double the treat

Presents with secret surprises make Christmas giving twice the treat. One idea: a big sewing basket, *left,* filled with tiny handmade toys, all strung for hanging on the tree. The secret is the wrapping: toys are bundled in calico squares—enough to make a full-sized quilt. Designed by Diana Beattie; wrapped by her daughters Nina and Lisa; to buy at Cache-Cache. Another idea is the grapevine wreath, *above* (in New England tradition, to be given to newlyweds for their back door), hung with useful kitchen presents along with biscuits for birds.

A family of dolls, *below,* can be ordered with hair and eyes patterned after any family you specify. Their family secret: stuffings of dried soup makings. Dolls and wreath by Judy Wilkinson. Everything, including makings for tree-trimming ideas, at The Children's Tree.

SUSAN WOOD





Back-to-nature Christmas

Holiday decorations gathered from the outdoors

As sturdy as the Scot who built it in 1810, Bartleman's House in Old Town, Alexandria, Va., is filled with the wee treasures of nature to garland and to greet Christmas. House and halls are decked with pine cones, walnuts, chestnuts, and boughs of evergreens collected from the Virginia and Maryland countryside. One of the Christmas trees is a 12-foot tepee of dried snowballs and wild swamp grass, all gathered in the fall. This house, ready for Christmas, will be open to the public on the Scottish Walk in Alexandria (see page 22). Now snug and splendid, it was merely a shell when purchased by Delbert N. Ellis and Shelton W. Oddland in 1962. They gradually restored the house, replacing parts of it, adding furniture, and rescuing it from a century of neglect (the house had also been used as a barber shop and even a warehouse). And the canny, thrifty Scot who built it more than a century ago would surely approve of using nature's gifts to help cheer and celebrate Christmas.

The façade of Bartleman's House, *above*, is as traditional as an old Christmas card. But the interior, like Christmas itself, is filled with surprises. *Right:* Mixed nuts and mixed candlesticks with generous artichokes standing in for Scottish thistle. The swag of pine cones and nuts rests against the original pine mantel. *Far right:* A graceful garland of evergreen held high by clusters of Christmas lemons and oranges. In every window, a white pine wreath swings by a long red velvet ribbon.



How to make a nut-and-pine-cone swag

Shape chicken wire to form swag, broadening it at the center. Wire back seam securely. With silicone glue, attach a base of chestnuts. Because glue is soft but firm, you can keep building layers without waiting for glue to dry. Next glue on several kinds of pine cones and nuts. Attach to mantel with strong velour ribbons crossed and tied.

READER





Christmas cookies

Cream 2 cups soft butter with a cup of sugar. Blend in an egg, 2 teaspoons vanilla, and gradually 4½ cups sifted flour. Cover, refrigerate 2 hours. Roll one-fourth dough at a time to ⅛-inch thick. Cut cookies, bake on greased baking sheet 6 to 9 minutes at 375°. Icing: Beat 2 egg whites, ¼ teaspoon cream of tartar, a dash of salt until stiff, add 2 teaspoons vanilla. Gradually beat in 3 cups confectioners sugar until peaks form. Divide into five bowls; color four. "I like thick icing," says Lisa. "Gena and Cham add silver-ball designs."

How to be your own china designer

Find a good ceramic shop that will sell you supplies, show you how to use them, and fire your finished work. The Giobbis work with Sybil Cooper in New York; other shops can be found across the country. Begin with white bisque—fired plates, cups, bowls. Paint with ceramic colors, then take your wares back to be fired, glazed, refired. Mrs. Giobbi uses her china every day—and it all goes safely through the dishwasher.



Back-to-nature Christmas

Things to make, to bake, to decorate

Children have a knack for Christmas: Give them an array of enticing materials and a lot of table space, and they might turn out anything from cookies to handpainted dinner plates. Gena, Lisa, and Cham Giobbi do. They design their own Christmas packages, too, wrapping them in shiny white paper, decorating them with felt-tipped pens: "It's a warm friendly way to show you really care," says Gena, sixteen. Lisa, fourteen, is in charge of cookie baking, and, with her mother Elinor, bakes the bread, *left*, as well: The brown loaves are topped with white-bread angels, trees, and stars molded by hand; the white loaves with brown ones. The children also help put up vegetables from their father's garden (Ed Giobbi is an artist and a published cook). This year's bumper crops were tomatoes and cabbage, "so everyone gets sauerkraut for Christmas." Canned goods and bread go into colored paper sacks to be given as presents.

Animal bowls, *below*, by Lisa Giobbi; dinner plates by her father.
***Above:* Gena designs a Christmas present.**

BEAGLE







Back-to-nature Christmas

Exciting new hanging poinsettias

For the first time ever from florists across the country: a new kind of poinsettia to order by early December. The plants are a multiflowering Hegg variety grown in pots with holes on the sides, a strawberry jar concept developed at the Paul Ecke Poinsettia Ranch in Encinitas, Cal. Here, in the Alfred Bloomingdales' atrium, David Jones of Los Angeles arranged cascades of red, hot pink, and white that hang from chains and crown fern stands and table. **More, page 178.**

HENRY CLARKE



Back-to-nature Christmas

Christmas tree magic

There are as many ways to decorate a Christmas tree as there are Christmases to enjoy. *This page:* A tree that seems to float above the city outside on a terrace. No colors—just white, silver and gold, giving a magic view from interior designer Edward Benesch's living room. *Opposite page, top row, left:* A tree that goes right down to the floor (you chop the bottom off), covered with carved animals, papier mâché angels and fruits, Chinese jade birds, and candy canes, all collected by decorator Michael Lynch from Mexico, Nepal, South America, and elsewhere. *Center:* Vegetables and fruit get a new role in life—string beans, lady-apples, pears, peppers, and an eggplant on top, wrapped in silverfoil and looking like works of art. Add colored candles, suggests designer Karl Springer. *Right:* 14-foot-high tree in Mr. and Mrs. Richard Maltby's converted barn. Richard covered dummy boxes with fabric and doilies with glitter to trim them, then added 30-year-old strings of tiny gold balls. Up the stairs, a train of poinsettias—and admiring children. *Center page, left:* Tree in a basket—specially grown espalier pyracantha trimmed by nature! Tree trained by florist David Jones. *Center:* A growing tree (how to replant, see page 178). *Right:* Tree with glitter and ornaments, garland with ribbons, wreath with Mexican paper flowers, mini-tree covered with objects found in Chinatown, candelabra with greenery and ribbons—all the homemade inspiration of Nancy Goslee Power of design firm, Goslee & Moore. *Bottom row, left:* Memories of a Swedish Christmas; traditional straw tree ornaments and goats beneath, the childhood collection of Mrs. Paul Ramos—also the wood house and figures. *Center:* A tree of discipline and perfect beauty—white, silver and turquoise, the colors repeated in the gift wrapping beneath the tree. The doves and peacocks were found by Mr. and Mrs. Dell Tenney in a Connecticut nursery. *Right:* Christmas cookie made by the Giobbi children. (For recipe and more cookies, page 66.)

TOM YEE



SUSAN WOOD

ıgels, birds, animals—collected all over the world.



KORN/OFF

Vegetables and fruits wrapped in silverfoil.



Homemade boxes covered in fabric, doilies in glit



HENRY CLARKE

ow-your-own pyracantha—with natural decorations.



HOPST

NORMAN McGRATH

Out in the wilds—where they all begin.

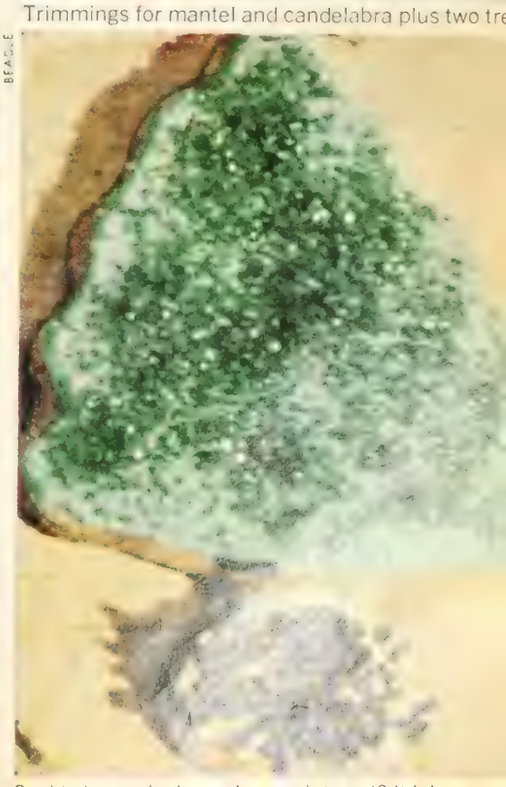


Trimmings for mantel and candelabra plus two tre





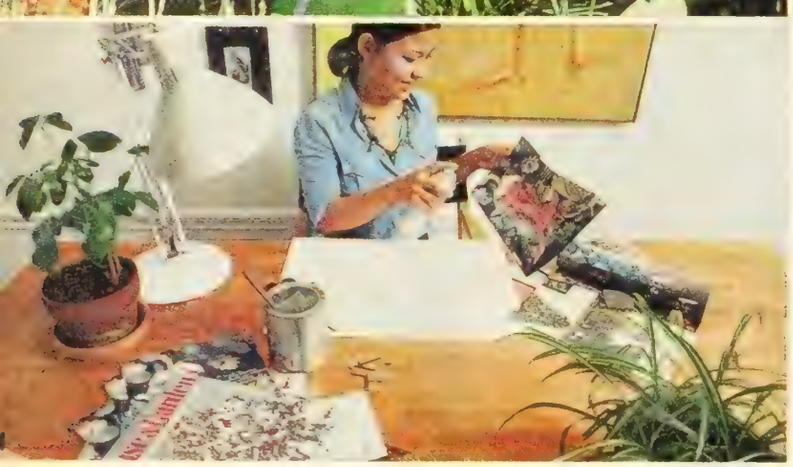
BEAGLE



Decorations to sew up fold up paste up

TOM YEE





S. KORNILOFF

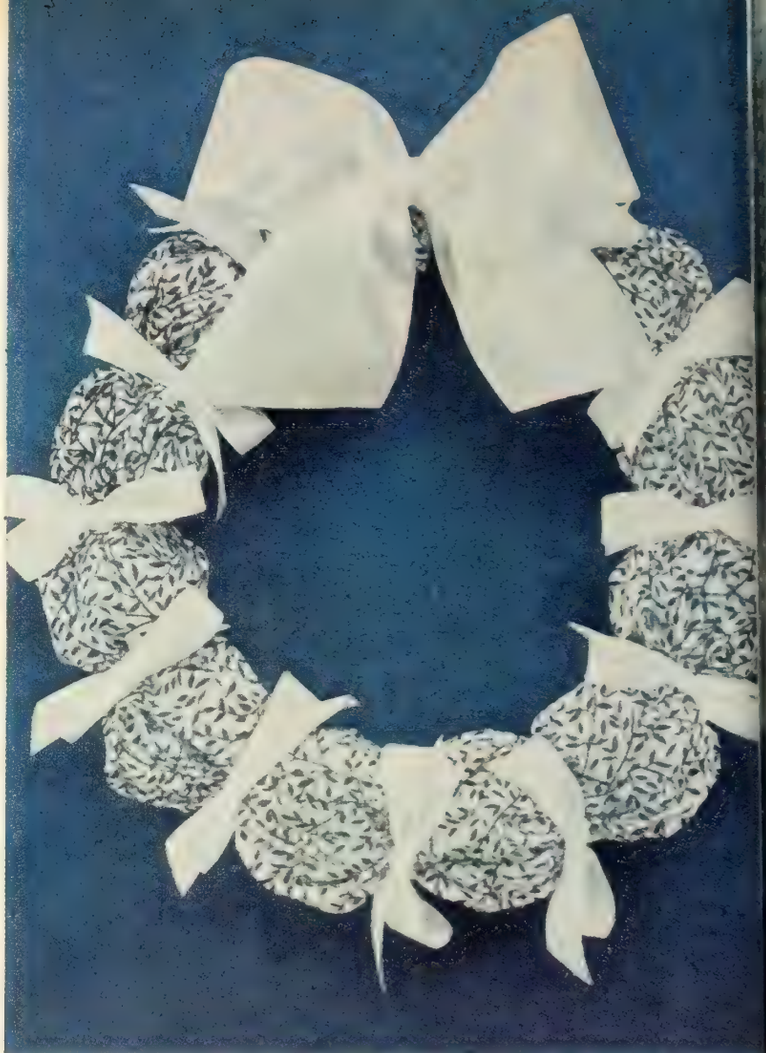
Angels cut from House & Garden, cardboard-mounted



2

1. Page is sprayed, then glued to cardboard. 2. Excess pieces trimmed away so that angel is easier to handle. Cut as close as possible but do not try to cut out smallest details, because this weakens figures.

Raised in Hawaii, where Christmas is always sun and surfing, Connie Olguin plunges into the holiday season in New York with extra special enthusiasm. Her glorious silvery tree is decked with original decorations from all over the world. House & Garden provided inspiration for some new ones. Pages from the December '74 issue showing close-ups of the angels on the Metropolitan Museum of Art's tree suggested an idea for cardboard cut-out figures. To make: Cut out whole page of magazine, spray with waterproof hair spray to prevent print from smudging. Glue page to cardboard (Connie uses shirt boards from the Chinese laundry). Let dry. Connie, a graphic designer, is used to working with a razor, but suggests scissors for the less experienced person.



BE

Sew it yourself fabric wreath with white satin bows

This year, designer Dena Carlson is making all her decorations in fabric. H are blue and white batik; yours, whatever you choose. Wreath, *above,* takes wire coat hanger, 12 Styrofoam balls, 2½ inches in diameter, from the di store, a length of fabric 60 inches long and 20 inches wide. 12 lengths of wh 1-inch-wide ribbon, each 24 inches long. 1 yard white satin florist's ribb Stitch up fabric to make tube. Thread balls on wire, being careful to cen them exactly. Pull fabric tube over the wired balls. Tie with a white ribb between each ball. Finish with large bow over hook. Dutch wax batik fr Fabrications, New York. For shopping information, please turn to page 1

TED HA



1

2

3

1. Thread unwound coat hanger throu center of Styrofoam balls. 2. Pull fabr tube over wired balls. 3. Finish with ri bon bows between each ball and lar bow on top. Coat-hanger hook serves a convenient device for hanging wreat





For the tree, fabric ornaments; for a present, a fabric tree

Dena used six different prints for the tree decorations. Draw master paper patterns in shapes of candy cane, tree, oval, square, heart, and circle. Size is dictated by pattern on batik fabric. Use heavy dressmaker scissors to cut fabric. Do not cut more than two layers of fabric at a time, for accuracy. Clip corners carefully. Seam up, leaving opening for stuffing. Insert polyester batting. Make hanging loop of blue cord. Dena's tree is hung with three dozen fabric decorations. She sews about one dozen in an hour. The circular tablecloth takes 9 yards of fabric 48 inches wide, the overscarf 1½ yards. Screen needs 15 yards.



3

1. To make gift box decoration cut 1-inch fabric strip of batik 48 inches long, with pinking shears. Twist into loops using Scotch Double Stick tape by 3M to anchor center of each loop. 2. Loops widen as tree grows. 3. Finish tree with a stem. Fabrications, New York, has at least six different batiks in stock. Minimum order by mail is 1 yard. For shopping information, turn to page 177.





A menagerie of origami animal ornaments all made from shiny folded foil



2

Alice Gray, an entomologist at the American seum of Natural History, New York, started the gami tree at the Museum, *above,* now a festive dition. Each year she drafts museum staff into pa folding, so she can add and take away orname There are over 1500 glittery animals, reptiles, bi and insects. All are made from foil wrapping pa "Real paper," she explains, "absorbs moisture f the air and expands. Metal foil is better." Figu can take anything from 2 minutes to 1½ hours make—a 4-legged animal like a camel is a long The largest animals on the Museum's tree are inches made from full width of gift wrapping pa about 23 inches. Lions and tigers, 14 inches, made from 2 pieces of paper, 12 inches squa

1. Origami foil decorations begin with square paper. 2. Paper folding takes a firm steady ha



Welcome to Christmas

Welcome to the kitchen

Full of firelight, music, and wonderful food, the kitchen is the holiday gathering place in a restored 18th-century tavern turned into a comfortable house. With a Christmas tree in every room, the house becomes the center of festivities to which the whole community contributes.



HOLIDAY LUNCHEON

Lemon soup
Creamed curried seafood in pastry shells
Salad Wine
Bread, cheese
Desserts: cranberry tart, gâteau mont-blanc, kugelhupf, pumpkin pie, David's cheese cake
Coffee

DAVID'S CHEESE CAKE

CRUST:

- **10 ounces graham cracker crumbs**
- **½ cup sugar**
- **½ teaspoon cinnamon**
- **⅛ teaspoon ginger**
- **1½ sticks butter**

Blend completely. Cover sides and bottom of a 9-by-5-inch loose-bottom pan.

FILLING:

- **4½ 8-ounce packages cream cheese**
- **1½ cups sugar**
- **6 eggs**
- **1½ teaspoons vanilla**

Blend together and beat 10 to 15 minutes until very creamy (cheese creams more easily if you add it alternately with eggs). Pour custard into pan. Bake 40 minutes at 375°. Let cool 1 hour.

TOPPING:

- **1½ pints sour cream**
- **½ cup sugar**
- **1 teaspoon vanilla**

Blend together, pour on cooled cake. Bake 10 more minutes at 425°. Remove from oven and refrigerate 24 hours. Decorate with assorted jams or fruits in patchwork designs or poured through waxed-paper stencils.

Lunch is served in the former mud-room, *left*, paved with brick and slate and now glassed in on three sides. Above the table, a hanging Christmas tree made of velour ribbon and greens on a wire frame, and trimmed with rather blowsy bread-dough angels. A step up is the kitchen, its natural wood counter is used here as a sideboard.

BEADLE

Christmas at Mechlin's Tavern officially commences with a "Tavern Buffet," an open house for 150 or so friends and neighbors who bring homebaked bread, handmade ornaments and decorations, and presents they make for one another each year. "We send invitations instead of Christmas cards," say hosts C. F. Brasch and Raphael Sullivan, who have painstakingly restored the tavern and turned it into a livable house filled with authentic American furniture and collections. Both celebrated cooks in the community, they provide poached snapper, soups, wonderful desserts. All during the Christmas season, the house is lit only by candles and firelight. For menus and recipes for this and other of their holiday parties, please turn to Wine & Food, page 101.

1. Dining-room hutch is really an apothecary chest on a sailmaker's table. 2. Across the room, fireplace is trimmed with patchwork angels, tree with patchwork and calico. On the table, pumpkin soup. 3. Tree made of homedried flowers and the feathers of a peacock who donates his tail each molting season. 4. Toy boat on wheels, circa 1890, filled with holly on the shelf of a slavemaster's chest. 5. In the living room, also used for dancing, a tree trimmed with family heirlooms. 6. Mural painted by Mr. Sullivan; stair treads restored to their original marbleized painted finish.



Welcome to Christmas
Come for supper and help

an early Connecticut farmhouse that has stood, miraculously, since e 17th century when the highway was a dirt mail route, Christmas is ebrated with pine-cone fires, fruit-and-candle decorations, and good untry meals, some of them cooked right in the old stone fireplace.

ery room in the old farmhouse is filled with collections: ntique American furniture, toys, crafts, pottery, iron-e—the list goes on and on. And remarkably, everything is , especially for entertaining. Although a modern kitchen installed in an old utility room, the owner, Dana Blackmar, uses the big fireplace in the original kitchen (now the "keep-oom," *right),* to cook simple Christmas-week dinners of roast s or cauldrons of stew and corn chowder. A week before tmas, Mr. Blackmar serves dessert and coffee at a tree-ming party, and family and friends gather at the big harvest here for dinner on Christmas Day. The other rooms have g facilities, too: "It's fun to light all the fires and all the les and have party guests eating everywhere in the house."

side keeping-room window, old American pewter. 2. Victorian en (modern kitchen is next-door) with wood-burning stove, collections nite ironstone, blue enamelware, spongeware. 3. Modern kitchen es hold early Shaker wood-and-tin herb boxes, other curios. gh-back settle and blanket crane in original family room ward off drafts. rlor Christmas tree, trimmed with antique German ornaments. y bedroom fireplace wedged under staircase—just the size for century raggedy dolls to have high tea in miniature cups.



TREE-TRIMMING PARTY

Cranberry-apple pie
Lemon cake supreme
Petits fours
Christmas cookies
Mints Coffee

CRANBERRY-APPLE PIE

INGREDIENTS

pastry dough for two-crust, 9-inch pie
¾ cup water
6 cups sliced apples
1½ cups raw cranberries
2 cups sugar
¼ cup cornstarch
¼ teaspoon cinnamon
1 cup chopped walnuts
4 tablespoons butter
milk, nutmeg, and sugar for top

METHOD

Roll out half the dough, line a 9-inch pie pan. In a large saucepan combine water, apples, and cranberries. Bring to the boil, simmer 5 minutes. Add sugar, cornstarch, cinnamon, and walnuts. Cook until mixture thickens and boils. Pile mixture into pie plate, dot with butter.

Roll out remaining dough and cut into strips. Arrange in a lattice design over filling and seal to bottom pastry. Brush top with milk; sprinkle with sugar and nutmeg. Bake at 400° for 50 minutes or until golden.

(From Betty Boote, of Something Special caterers in New York)



Keeping the desserts company on the keeping-room harvest table: personable antique tin tobacco boxes called "roly-polies," carved animals and a Noah's Ark for them to sail in, and a miniature sled —a traveling salesman's sample. On shelves, Staffordshire portrait figures, old hatbox samples, Bristol blue glass, pots of Christmas-red begonias. Overhead, beribboned chandelier cradles an antique mercury-glass globe —reflector ornament from the days of saloon ballrooms.


rim the tree

We're having open house











In a Hudson Valley pre-Revolutionary-War house once lived in by Robert Fulton, Christmas is an *added* tradition. Tables and chimneypieces are trimmed with pine, holly, fruit, pots of ivy trained as garlands, and wonderful Christmas flowers: poinsettias, cyclamen, and for good luck in the New Year, paperwhite narcissi. On Christmas Day, owner Harrison Cultra serves a tea, with fruit cake, homemade scones, champagne, and gallons of eggnog made in a huge crock and kept cold on a wide stone windowsill during the season. For New Year's lunch, the dining table, *above,* is set with cauliflower plates around a bowl of tangerines and rose hips ringed by lemons.

1. Teviotdale, named after a region in Scotland. 2. On the front door, a toy drum to beat with drumsticks hung on red streamers. 3. Living room, with garlands of ivy and holly on the mantel. 4. On the New Year's serving table, apples and holly piled in porcelain monteiths, and a punchbowl of eggnog from crock below.

NEW YEAR'S LUNCH

Eggnog, Spicy cheese on toast
Lentil soup
Molded seafood crêpes
Salad
Grape tart, Chocolate truffles

SPICY CHEESE SPREAD

In blender, whirl 2 cups cubed Cheddar, 3 tablespoons crabapple jelly, 2 tablespoons chutney, ½ teaspoon dried tarragon mustard, 1 slice onion, and enough orange juice to soften. Chill, spread on toast rounds.

Two celebrations: one an open house to open the season in Alexandria, one a lunch in the Hudson Valley on New Year's Day, and both in houses decorated by nature and rich in traditions of our national heritage.











Christmas entertaining comes early to Alexandria, Va. The season's focus is the traditional "Scottish Walk," when on the first weekend in December visitors wander around the old streets like waves of Christmas candy. *Above:* In the sun-yellow dining room of Bartleman's House (for other views, see page 64), hot apple punch in an Imari porcelain bowl and plates of cake and cookies. In the wall cupboard, dotted with oranges for Christmas, Nanking china that was collected piece by piece. The lemon centerpiece was made by piercing lemons with round toothpicks, inserting into a large Styrofoam cone. Spaces were filled with ivy leaves and cranberries.

1. Bartleman's House, tucked in between shops. 2. A fire roars in the old cooking fireplace in the "flounder kitchen," so called because it has windows on only one side (like the eyes of its namesake). 3. The living room with traditional Christmas tree. 4. In the upstairs drawing room, carnations on mantel, a tree of dried herbs.

OPEN HOUSE

Alexandria pound cake
Christmas cookies
Mother's punch

MOTHER'S PUNCH

Mix 4 quarts apple cider, 2 cups orange juice, 8 tablespoons brown sugar, 1 tablespoon whole cloves, 2 teaspoons whole allspice, a healthy dash of nutmeg and rum to taste (from half to a whole bottle, depending on your spirits). Can be served hot or cold, but at Christmas serve it steaming. Serves 30.



DAVID BAILEY

The real James Herriot—a rare photograph of the elusive author who manages to hide his identity and preserve his privacy although his books are read by millions

EDITOR'S NOTE: *A pen name effectively conceals the true identity of the author of the best-selling* All Creatures Great and Small *and* All Things Bright and Beautiful. *But James Herriot is indeed the veterinary surgeon who travels all over the Yorkshire hills and dales, and the incidents he so vividly describes are real-life encounters. When David Bailey went to find him and take the photograph,* above, *especially for House & Garden, he followed him around the local cattle and sheep farms one day. "People are living there as they might have done 100 years ago," he reports. "Nothing in the North of England changes very much. It's still very primitive. Herriot is treated like a local squire, lives a very simple life—his son James shares his veterinary practice. He seems outwardly untouched by his fame and success and goes everywhere with his two dogs, Dan and Hector, in the back of the car." Hector, eleven, is the Jack Russell terrier in his arms, above. Brought up in Scotland, where New Year's is more important than Christmas, James Herriot has always spent the Christmas holiday working. Last Christmas morning, in fact, he recalls "making a dozen visits." Despite persuasive invitations "to stay for a Christmas drink or two," he tries to be home by early afternoon, so he can unwrap his presents in a family get-together around the tree, and follow with a traditional English Christmas dinner. "We never have anything extraordinary, we just like to eat. . . ." He adds: "I love Christmas in Yorkshire. There is a tremendous feeling of good will and excitement and festivity. Very often we'll have lots of snow, this adds to the spirit and makes it seem all the more traditional." For House & Garden readers, James Herriot has written about a very memorable Christmas experience.*

The Best CHRISTMAS PRESENT

By James Herriot

My memories of Christmas will always be bound up with a certain little cat.

I first saw her when I was called to see one of Mrs. Ainsworth's dogs and I looked in some surprise at the furry black creature sitting before the fire.

"I didn't know you had a cat," I said.

The lady smiled. "We haven't, this is Debbie."

"Debbie?"

"Yes, at least that's what we call her. She's a stray. Comes here two or three times a week and we give her some food. I don't know where she lives but I believe she spends a lot of her time around one of the farms along the road."

"Do you ever get the feeling she wants to stay with you?"

"No." Mrs. Ainsworth shook her head. "She's a timid little thing. Just creeps in, has some food, then flits away. There's something so appealing about her but she doesn't seem to want to let me or anybody into her life."

I looked again at the little cat. "But she isn't just having food today."

"That's right. It's a funny thing but every now and again she slips through here into the lounge and sits by the fire for a few minutes. It's as though she were giving herself a treat."

"Yes . . . I see what you mean." There was no doubt there was something unusual in the attitude of the little animal. She was sitting bolt upright on the thick rug, which lay before the fireplace in which the coals glowed and flamed. She made no effort to curl up or wash herself or do anything other than gaze quietly ahead. And there was something in the dusty black of her coat, the half-wild scrawny look of her that gave me a clue. This was a special event in her life, a rare and wonderful thing; she was lapping up a comfort undreamed of in her daily existence.

As I watched, she turned, crept soundlessly from the room and was gone.

"That's always the way with Debbie," Mrs. Ainsworth laughed. "She never stays more than ten minutes or so, then she's off."

She was a plumpish, pleasant-faced woman in her forties and the kind of client veterinary surgeons dream of; well off, generous, and the owner of three cosseted basset hounds. And it only needed the habitually mournful expressions of one of the dogs to deepen a little and I was round there post-haste. Today one of the bassets had raised its paw and scratched its ear a couple of times and that was enough to send its mistress scurrying to the phone in great alarm.

So that my visits to the Ainsworth home were frequent but undemanding and I had ample opportunity to look out for the little cat, which had intrigued me. On one occasion I spotted her nibbling daintily from a saucer at the kitchen door. As I watched she turned and almost floated on light footsteps into the hall then through the lounge door.

The three bassets were already in residence, draped snoring on the fireside rug, but they seemed to be used to Debbie because two of them sniffed her in a bored manner and the third merely cocked a sleepy eye at her before flopping back on the rich pile.

Debbie sat among them in her usual posture; upright, intent, gazing absorbedly into the glowing coals. This time I tried to make friends with her. I approached her carefully but she leaned away as I stretched out my hand. However, by patient wheedling and soft talk I managed to touch her and gently stroked her cheek with one finger. There was a moment when she responded by putting her head on one side and rubbing back against my hand but soon she was ready to leave. Once outside the house she darted quickly along the road then through a gap in a hedge and the last I saw was the little black figure flitting over the rain-swept grass of a field.

"I wonder where she goes," I murmured half to myself.

Mrs. Ainsworth appeared at my elbow. "That's something we've never been able to find out."

It must have been nearly three months before I heard from Mrs. Ainsworth and in fact I had begun to wonder at the bassets' long symptomless run when she came on the phone.

It was Christmas morning and she was apologetic. "Mr. Herriot, I'm so sorry to bother you today of all days. I should think you want a rest at Christmas like anybody else." But her natural politeness could not hide the distress in her voice.

"Please don't worry about that," I said. "Which one is it this time?"

"It's not one of the dogs. It's . . . Debbie."

"Debbie? She's at your house now?"

"Yes . . . but there's something wrong. Please come quickly."

Driving through the marketplace I thought again that Darrowby on Christmas Day was like Dickens come to life; the empty square with the snow thick on the cobbles and hanging from the eaves of the fretted lines of roofs, the shops closed and the colored lights of the Christmas trees winking at the windows of the clustering houses, warmly inviting against the cold white bulk of the fells behind.

Mrs. Ainsworth's home was lavishly decorated with tinsel and holly, rows of drinks stood on the sideboard and the rich aroma of turkey and sage-and-onion stuffing wafted from the kitchen. But her eyes were full of pain as she led me through to the lounge.

Debbie was there all right, but this time everything was different. She wasn't sitting upright in her usual position; she was stretched quite motionless on her side, and huddled close to her lay a tiny black kitten.

I looked down in bewilderment. "What's happened here?"

"It's the strangest thing," Mrs. Ainsworth replied. "I haven't seen her for several weeks, then she came in about two hours ago—sort of staggered into the kitchen, and she was carrying the kitten in her mouth. She took it through to the lounge and laid it on the rug and at first I was amused. But I could see all was not well because she sat as she usually does, but for a long time—over an hour—then she lay down like this and she hasn't moved."

I knelt on the rug and passed my hand over Debbie's neck and ribs. She was thinner than ever, her fur dirty and mud-caked. She did not resist as I gently opened her mouth. The tongue and mucous membranes were abnormally pale and the lips ice-cold against my fingers. When I pulled down her eyelid and saw the dead white conjunctiva a knell sounded in my mind.

I palpitated the abdomen with a grim certainty as to what I would find and there was no surprise, only a dull sadness as my fingers closed around a hard lobulated mass deep among the viscera. Massive lymphosarcoma. Terminal and hopeless. I put my stethoscope on her heart and listened to the increasingly faint, rapid beat. Then I straightened up and sat on the rug looking sightlessly into the fireplace, feeling the warmth of the flames on my face.

Mrs. Ainsworth's voice seemed to come from afar. "Is she ill, Mr. Herriot?"

I hesitated. "Yes . . . yes, I'm afraid so. She has a malignant growth." I stood up. "There's absolutely nothing I can do. I'm sorry."

"Oh!" Her hand went to her mouth and she looked at me wide-eyed. When at last she spoke her voice trembled. "Well, you must put her to sleep immediately. It's the only thing to do. We can't let her suffer."

"Mrs. Ainsworth," I said. "There's no need. She's dying now—in a coma—far beyond suffering."

She turned quickly away from me and was very still as she fought with her emotions. Then she gave up the struggle and dropped on her knees beside Debbie.

"Oh poor little thing!" she sobbed and stroked the cat's head again and again as the tears fell unchecked on the matted fur. "What she must have come through. I feel I ought to have done more for her."

For a few moments I was silent, feeling her sorrow, so discordant among the bright seasonal colors of this festive room. Then I spoke gently.

"Nobody could have done more than you," I said. "Nobody could have been kinder."

"But I'd rather have kept her here—in comfort. It must have been terrible out there in the cold when she was so *(Continued on page 182)*

The amazing makeover of a narrow cabin

A NEW SEE-THROUGH HOUSE

An old 11-foot-wide mountain cabin, reshingled, wrapped with decks to double its living space, opened up with glass

There once was a hunting cabin in the Catskills with lots of bedrooms upstairs, one long living room downstairs with a fireplace at each end. The outside was white clapboard; roof, green asphalt shingles. It was typical of carpenter-built vacation houses 60 years ago. The creative, country-loving couple who bought it recently "in terrible condition" decided to update. In the remodeling, architect Keith Kroeger stripped the cabin right down to basic frame and foundations. On went a handsome rustic wrapping of hand-split cedar shakes, all over the sides and roof. Window openings were expanded and lined up back and front, and in went big glass pocket doors to give the house a wonderful, see-through transparency. Upstairs rooms have balconies so that these sliding windows offer, along with a view, a taste of the outdoors. Trees "come in" yet the house itself is a protective, cozy retreat from nature, with interior walls sheathed in fir (even in the bathrooms). Just about all that remains of the original building are the dimensions (it's still only 11 feet wide) and the great round stone chimneys "too beautiful for words, like pieces of primitive sculpture," says Mr. Kroeger. Because the house is small (the new layout has two bedrooms, two baths, two tiny living rooms and a kitchen-dining room in between, and two circular stairways connecting the floors), architect Keith Kroeger developed outdoor living spaces. "In fact," he adds, "there is now more space outside than inside." Trees were left in place where they didn't obstruct the view, Douglas fir wood decks built sympathetically around them.

BEFORE

NORMAN McGRATH



AFTER

Right: **Set on a hillside, the remodeled house with wrapping of cedar shakes catches a view of the mountains and pond.** ***Far right:*** **Double height dining area with terrace to left and right. The floor tiles and timber walls make this an easy upkeep house.** ***Above top:*** **Before remodeling, the old house with many-windowed facade, the timber-supported porch. It was carpenter built of 2 by 6's.** ***Above:*** **Clean and uncluttered, six openings, back and front, top and bottom, bring the landscape indoors.**





2



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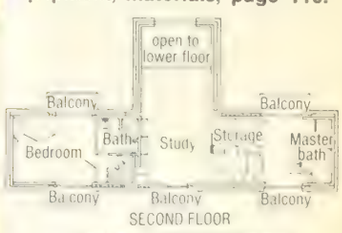
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In a see-through house

WRAPAROUND DECKS FOR TWICE THE SPACE, TWICE THE VIEW

With wooden decks, the house gained a third story at the back, which is now partly car parking space and storage, but also includes a laundry room. Surrounding the house Mr. Kroeger laid great flagstones hauled from the nearby wood; he built stairways of railroad ties (recycled from the local railroad yard) filled in with gravel. "The whole thing has a unity because we used materials from around the area. It is a very tactile, sensual place, there is the richness of wood, the beams inside. The owners thought of it as a folly, a complete contrast to the city." Each room has its own individually controlled electric heater set into the floor. The remodeling is an inspiration to anyone finding a run-down, country building that looks almost too dilapidated to renovate. "My first recommendation was to tear it down," declared Mr. Kroeger frankly. "But the owners insisted they wanted to start living there in a few months. I drew up plans and fed drawings to a local contractor as fast as I could. One thing about old houses, they are often built on perfect sites. I couldn't have picked a better spot if I'd tried."

1 and 6. Living space expanded by decks on all sides (see plans). Canvas furniture designed in Sweden from Workbench. Baskets from La Tienda. 2. Back of house showing third lower story: the central double height dining area. 3. Cozy, timbered living room, stained beams, a furry rug. 4. Kitchen counter divides working area from dining space. All the posters are from Poster Originals. 5. Master bathroom, double white counter. From the steam shower, it's a step out to the balcony for invigorating mountain air. 7. Spectacular round chimney, stairway leads down to a pond. Building equipment, materials, page 110.



SECOND FLOOR



FIRST FLOOR

How to welcome Songbirds

the joy of a winter garden



Goldfinches on a basket of sunflowe seeds, right, rufous-sided towhee attracted by feeder and a peanut bu mixture in a tea strainer, opposite p and brown thrasher enjoying a Chris pie, opposite below, are among the hundreds of birds Maibelle Dickey Hodgins has photographed in her Atlanta garden since she put up her feeder twelve years ago. (Her camer is a Honeywell Pentax Spotmatic wit a 300 mm telephoto lens.) Mrs. Hod writes and lectures on birds and gar has received the Garden Club of Georgia's highest award, is an American Rose Society Judge.

BY MARYBETH WESTON

Birds are the best of guests. They are cheerful at breakfast, and sing for their supper. Birds are the colorful flowers of winter gardens. Some are the original jet set, summering perhaps in Canada, wintering in Brazil, but not a bit snobbish about dallying on stopovers at your backyard feeder, then tidying-up around the garden before flying on. Other birds are year-round good neighbors; they clean up weed seeds and over-wintering insects and dispatch garden pests by the multitude in spring and summer. In cities, too, birds can be observed eating, drinking, being merry in their courtship, house-hunting, and nesting (they are devoted, tireless parents). You feel closer to nature when you are close to birds' days and ways.

HOLIDAY FOOD AND DRINK

A Christmas tree for birds

A decorated evergreen or deciduous tree near a window can bring very special carolers to your garden at Christmas. Ideas:

Strings of gumdrops, cranberries, popcorn, grapes, unshelled peanuts, raisins, dates, apple slices, dried apricots, figs.

Stale doughnuts or cookies on ribbons.

Uncooked slices of suet (the fat cut off beef or pork) cookie-cut into stars, frozen, hung on ribbons.

Sprigs of holly and hawthorn berries and dried or frozen out-of-season treats such as crabapples and autumn olive.

Pine-cones wired for hanging then dabbed with peanut butter or dipped in melted suet and birdseed. In Atlanta Mrs. Hodgins wraps these in plastic bags decked with holly for bird-loving friends.

Walnut half-shells, coconut shells, orange and grapefruit cups, and recycled L'eggs stocking containers filled with acorns, rose hips, fruit, melon seed, rice, nuts.

Apples and popcorn balls with dowels pushed through for perching.

Suet bells shaped in double recycled paper cups, unwrapped and strung upside down with a cherry clapper.

Holiday smorgasbord

Share leftovers, a dieter's downfall but a bird's delight: cocktail fruit, cheese and crackers, toast and jelly, potato chips, pecan pie, fruit cake, cookies, salted and unsalted nuts. Remember, fresh water is needed daily though snow is a water substitute.

Birds' Christmas pie

Chop or grind beef suet. Melt if desired in a double boiler or covered pan in a 300-degree oven. Mix with equal amount of cornmeal, flour, bread crumbs, and/or stale bread to texture of stiff dough. Add raisins, seeds. Pack into aluminum foil pie pan and refrigerate until firm. Garnish with seeds and American holly.

Long-lasting all-winter suet cakes

To 1 pound melted suet (strained, meat-free) add 1 pound cornmeal plus 1 pound sunflower seeds, 1 cup oatmeal, 1 cup dried currants or raisins, ½ cup pecans or walnuts, ½ cup coarse bran. Pour into recycled tuna cans, paper or plastic containers. Thick mixtures do not require refrigeration in cool seasons.

Birds' peanut butter pudding

Mix 2 cups suet or bacon drippings, 2 cups cornmeal, 1 cup peanut butter, ½ cup water. Some bird lovers have been told peanut butter chokes birds. Most authorities today say not so, especially not when mixed.

SHARING WITH BIRDS YEAR-ROUND

Q. When and why should birds be fed? A. From the first f the last frost, and especially during deep winter and in p nesting season. Birds need a great deal of fuel for thei They need sunflower seed, suet or other oily foods as a subti for winter-scarce insect protein. Most birds are insect some eat only insects. Many songbirds eat both insect weed seeds. Feeders merely sp ment their diet. In summertime co to offer water, which attracts b more than any other garden fe plus fruit and seed if you want to birds close-up. Though bluebird birds, mockingbirds, robins, an oles need fruit, they prefer native l like mulberries, wild cherries viburnums when available. Some orchard sampling that annoys ga ers is just a search for moisture, most birds need daily. **Q. Whatt of day is best?** A. Birds are early s and in special need of food aft cold night temperature. Try to put breakfast out at night. **Q. Won't outs make birds lazy, or keep from finding natural food and tats?** A. When winter berries a sects are scarce, a feeder may birds' lives—but they will soon natural variety. Healthy migrating have a mysterious compass tha not be magnetized by a subt cafeteria or even a well-planned ga A bird's idea of an ideal garden, b way, is decidedly professional. A scaper could scarcely suggest elements: conifers for windbr shelter, and seed; bright-berried shrubs, vines; a miniature pool; ing views for windows even in weather. **Q. If we put seeds o apartment windowsill, how ca also provide water?** A. Try grap cups or nail a shallow cake pan wooden bowl to the window f **Q. What kind of feeders are** A. Swinging feeders are a blessi small birds and a frustration to squirrels, cats, and nonacrobatic

(continued on page

This is a sampling of common birds that will come to feeders in most parts of the country. Some are year-round residents; some are seasonal visitors. Many backyard birds live three to ten years and will come year after year to gardens that make them welcome.

● bluebird ● blue jay ● bunting (indigo, snow) ● brown thrasher ● cardinal ● catbird ● cedar waxwing ● chickadee ● cowbird ● dickcissel ● finch (house, purple) ● flicker ● goldfinch ● grackle ● grosbeak (evening, rose-breasted) ● junco ● mockingbird ● mourning dove ● nuthatch ● oriole ● redpoll ● red-winged blackbird ● robin ● ruby-throated hummingbird ● sparrow (chipping, field, fox, house, song, tree, white-crowned, white-throated) ● starling ● thrush ● titmouse ● towhee ● woodpecker (downy, hairy) ● wren (house, Carolina)



. HODGINS



Artemisia arborescens



Santolina chamaecyparissus



Senecio cineraria maritima



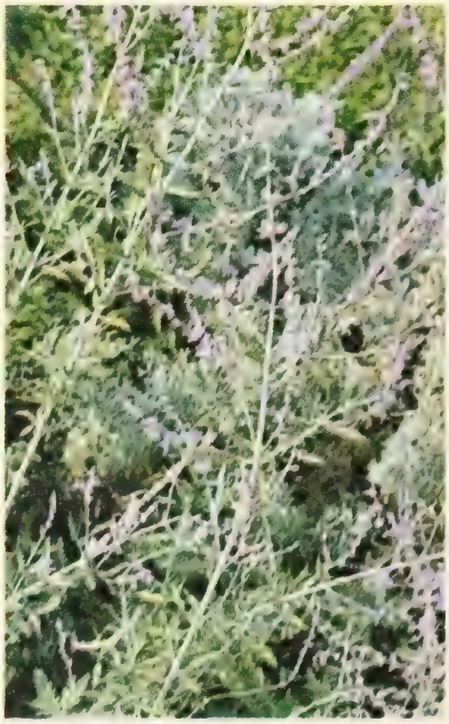
Juniperus scopulorum char



Artemisia absinthium



A. absinthium 'Lambrook Silver'



Perovskia atriplicifolia



Sedum sieboldii



Lavandula dentata



Caryopteris incana



Nepeta mussinii



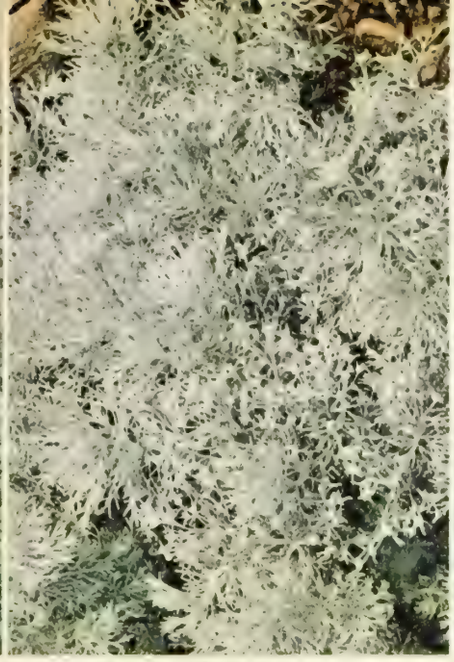
Ruta graveolens

A GLORIOUS GREEN AND SILVER GARDEN

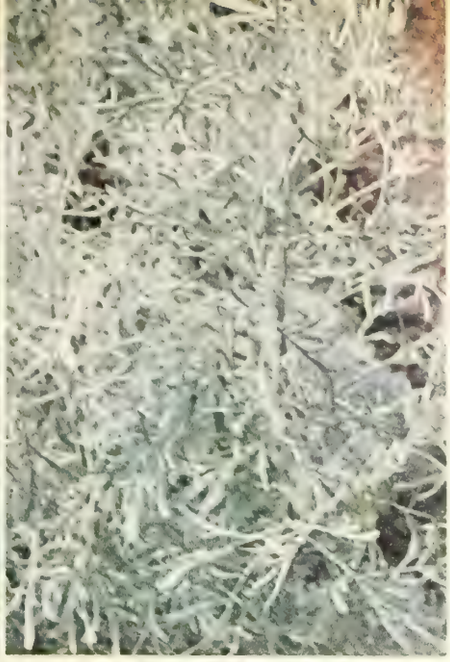
This is a garden that glistens in sunlight, glimmers in moonlight, seems crystalline-cool in summer, magic through much of the year. Adelma G. Simmons grows and sells herbs, many of them gray, and had often used clouds of silvery artemisias as a foil to make familiar foliage that much greener. But not until last year did she decide "to come out with a hoe and sketch this garden in the ground" and set out in its sunny well-drained soil her collection—over 70 varieties—of the horticultural family silver. The half-moon beds are edged with brick. A path of crushed marble chips is overlaid with fine gray granite. Each bed holds tight clusters of plants that range from silver white to frosty blue and green. "A tight planting is more attractive in the early stages of a garden." Each leaf wears a coat resembling felt, wool, velvet, wax, or silk—nature's protection from the wind and drought of the plants' arid native habitats. Mrs. Simmons describes many of the plants, their colors and fragrance, in her most recent book, *Herb Gardens of Delight* (Hawthorn). For her plant list, send a self-addressed stamped envelope to Caprilands Herb Farm, Coventry, Conn.



isia frigida



Artemisia schmidtiana nana



Artemisia albula 'Silver King'



emisia stelleriana



Veronica incana



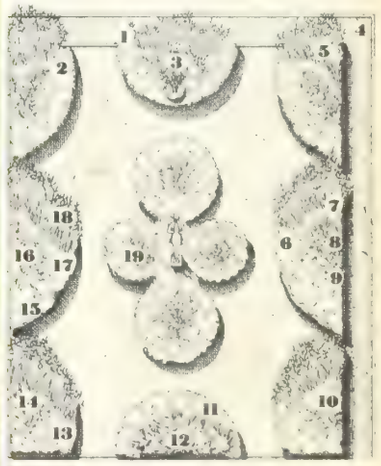
Salvia officinalis



tachys lanata

DEADLE





FRETHAN

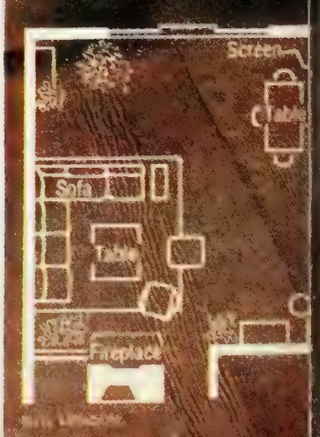
PLAN of 16-by-18-foot garden: 1. Tall feathery Artemisia arborescens. 2. Santolina chamaecyparissus, also Teucrium and Achillea 'Moonlight.' 3. Senecio 'White Diamond,' plus Centaureas, tender Helichrysums, Jacobinia and a potted olive tree. 4. Juniper 'Blue Heaven' border. 5. Artemisia frigida plus Baptisia, rosemary, rose campion, woolly thymes, mints, scented geraniums. 6. Cushions of silky Artemisia 'Silver Mound' around artemisias 7, 8, 9, plus A. purshiana, others. 10. Russian sage, small felty Edelweiss. 11. Sedum edging a gray-blue grass, Festuca ovina glauca. 12. Artemisia stelleriana, often naturalized in seashore gardens. 13. Low veronica edging. 14. Sage collection. 15. Various lavenders plus dianthus and alyssum. 16. Caryopteris in pot. 17. Nepeta. 18. Silvery blue rue. 19. Lamb's ears, velvety-soft, plus gray santolina around statue, *left*, of child Pan.

Decorating and house linked to nature

Looking as though it grew out of the earth, this weekend retreat was once a tiny stone-walled cottage. To make the space comfortable for himself, and to make room for friends, architect and interior designer Manfred Ibel took walls out, raised the roof, and added windows and beams—always respectful of the natural lines of the landscape. Inside this extended space, a new collection of Korean furniture introduced by Baker in 1975—inspired by the Korean Yi Dynasty, with simple lines and natural materials that blend perfectly with the surroundings. For instance, the armless sofas and ottoman, upholstered in natural Haitian cotton, *opposite page,* and the olive ash burl, maple and brass trimmed cocktail table. Spectacular chest, *far right,* is a reproduction of antique Korean piece. Consistent with this theme, but not part of the collection, is Baker's glass-topped dining table, *above.*

BEACLE

● Above: *Dining area with Philippine white lacquered rattan chairs designed and made by McGuire Furniture exclusively for Baker. Cotton fabric covering seat cushions from Hexter. Raffia screen from Karl Springer. Paintings by Friedel Dzubas,* above, *and Larry Zox,* opposite page, *from Andre Emmerich Gallery.* Opposite page: *Pillow fabrics from Brunschwig & Fils; brass lamp from Nessen Lamps; Indian wool carpet imported by Rosecore.* Far right: *The covered basket from LCS.*




SARGENT

Decorating linked to nature, windows like green tapestries





The house, with all its levels and angles, nestles comfortably at the foot of a hill, surrounded by trees. "It just grew," says Manfred Ibel, "out of the existing conditions of nature." The back of the house, *bottom left,* has a new stone roof over the added-on kitchen. For the chimney (of a fireplace that works both sides, facing both kitchen and living room), Mr. Ibel found stones that matched the original walls. He heightened the roof, following the lines of the hill, to make space for a 15-by-12-foot sleeping loft, *opposite page,* with big glass sliding windows—for a view better than a tapestry, changing with the seasons. The bathroom, *above,* is on the ground floor, with glass doors so you can't tell where indoors ends and outside begins. The sunken bath is surrounded by earth-colored tiles. "It's like a hole scooped out of the earth," says Mr. Ibel. The tile table serves both as partition and radiator enclosure. Natural colors predominate indoors, so that as the colors outside change, the interior keeps in harmony.

●Above: *Bathroom with natural-colored towels from Burlington.* Opposite page: *Fourposter maple bed, olive ash burl and maple chest, both from the Baker Far East Collection. Note skids on chest originally for protection from damp floors—a Korean detail. Blue and white cotton batik fabric for the canopy and bed cover, and dark blue Indonesian batik covering pillows all from China Seas; Sealy Posturepedic mattress; Chinese hand-painted trunk with brass trimmings from Charles R. Gracie & Sons; Persian chevron jars from Limited Editions; polished chrome standing lamp from Studio Eight; Chinese and Japanese bowls from John Rosselli; Okada print from Pace Editions.*

BEADLE



OXYGEN

■ BY CAROLINE SEEBOH

Discoveries you should know about now—how to make sure you are getting enough and the right quality—its healing powers—its bond with vitamin E—how we consume it and abuse it—from doctors, biologists, biochemists, and aerobic experts.

The natural energy giver—the key to health, strength, your very life

Once upon a time, there was no oxygen. It took millions of years, until green plants began to develop with photosynthetic cells, for the earth to begin to breathe. Today, we take for granted our oxygen just as we take for granted that the sun will rise tomorrow. Yet with the ever-increasing anxiety about air pollution and the erosion of our natural resources, plus new discoveries in the field of anaerobes (organisms that live without oxygen), and, just as important, the continual research into nutrition and the quality of the foods we eat, suddenly oxygen has become more than just something to breathe—it's a key to health, strength, and the lives of future generations.

GETTING ENOUGH OXYGEN—AND THE RIGHT QUALITY

Doctors and biologists are generally agreed that there is enough oxygen around in the atmosphere to cope with our needs—and to spare. "Oxygen is not a major worry for us," says Dr. Lewis Thomas, "unless we let fly with enough nuclear explosives to kill off the green cells in the sea; if we do that, of course, we are in for strangling."



Our present atmosphere is an oxidizing one (except for places like Lake Tanganyika, the Black Sea, and the Dead Sea), and oxygen production is probably higher now than it has ever been. However, it is speculated that as hydrogen escapes from the earth, oxygen will tend to burn everything up and convert all the exposed carbon to carbon dioxide. The atmosphere at this stage would then be composed of carbon dioxide and nitrogen—and all life would cease. This is not in the forseeable future, however! If, of course, we persistently destroy the present sources of oxygen (by pesticides, cutting down trees, polluting the waters, etc.), then we are putting future generations in jeopardy.

"It is hard to feel affection for something as totally impersonal as the atmosphere, and yet there it is, as much a part and product of life as wine or bread. Taken all in all, the sky is a miraculous achievement. It works, and for what it is designed to accomplish, it is as infallible as anything in nature."

—Dr. Lewis Thomas, "Lives of a Cell"

Most of the oxygen produced by microorganisms and green plants eventually diffuses into the entire atmosphere in about the same amount all over—so *wherever you live, you need not worry about getting enough oxygen.* The problem of urban living is not that you might not get enough oxygen, but that the air you breathe is full of pollutants *mixed in* with the oxygen, such as carbon monoxide, sulphur oxide, and other pollutants, that do the damage.

"There are only two places where you might run short of oxygen," explains biochemist Dr. A. Karim Ahm staff scientist for the Natural Resources Defense Co cil. "One is at very high altitude, where the air is v rarefied and there is less oxygen available to your lun When mountaineers climb high peaks, they take suppl of oxygen. And at the Olympic Games in Mexico City very high altitude city), people were concerned ab the athletes' oxygen supply. Too little oxygen can permanently damage brain cells, by the way—it is that vital to us.

"The other place where you might run short of oxygen is in a building that's on fire. Fire produces a lot of carbon monoxide and carbon dioxide, and in an enclosed room with very little ventilation, you might have problems with oxygen supply."

Too much oxygen, however, is just as dangerous as too little oxygen. "Oxygen serves as an excellent source of biologi energy," says Dr. Daniel L. Gilbert, Head, Section Cellular Biophysics, National Institute of Neurologi Diseases, Bethesda, Md., at an Oxygen Symposium ported in the journal, *Anesthesiology*. "However, it al destroys life. Increasing the oxygen tension will increa the available energy for the biological process to t maximum. But as the oxygen tension increases, more the cellular constituents will be destroyed." Increas oxygen pressures can impair the nerve impulse—in fa Dr. Gilbert points out that oxygen 'pollution' of the mosphere by photosynthesis actually inhibits mosqu breeding.

In other words, using too much oxygen you mig "burn out" too fast. Dr. Gilbert suggests that the agi process might be caused by the body's defences again oxygen toxicity no longer working as well. "Perhaps he says, "the longevity of plants can be explained part by possession of antioxidants." (See opposite pa for the importance of vitamin E as an antioxidant.)

WHAT IS OXYGE

Oxygen is a colorless, odor tasteless gas. It occurs naturally as one of the chie constituents of the atmosp The major source of oxyger is marine algae, organisms that live in all the waters of earth. The other main sour is growing vegetation—pla trees—that absorbs carbon dioxide, assimilating the ca and "expelling" the oxygen the atmosphere for us to breathe.

HOW OXYGEN CAN HEAL

We have seen that too much oxygen can destroy cells but given in the right dosage it has healing propertie Doctors have observed that healing of skin wounds faster than normal in divers, who live under a high pre sure below sea level, and therefore have more oxyge

eir bloodstream than under normal circumstances. observation was confirmed in a recent study on ani- s conducted by Dr. J. Niinikoski at the University of ku. Dr. Niinikoski applied oxygen to the animals' nds and found that as long as the oxygen doses were efully controlled, healing was indeed accelerated.

nother dramatic new medical development has been ne field of anaerobic bacteriology. These bacteria, ch do not grow in the presence of oxygen, live on the , in the mouth, and in the intestinal tract. For in- ce, about 99.9 percent of bacteria in the lower in- nal tract are anaerobic. In fact, in the human body, anaerobic bacteria far outnumber aerobic ones. "We d to think that most of the intestinal bacteria were d," explains Dr. Lillian Holdeman of the Anaerobe oratory, Virginia Polytechnic Institute and State Uni- ity. "But now that we know how to grow them, we w that they are alive and are anaerobes. Most of the teria that live with us are 'good' bacteria. However, e can and do cause infection. The bacteria that se some kinds of food poisoning [botulism] and teta- for instance, are anaerobic." Dr. Holdeman says the treatment of certain types of disease with hyper- c oxygen (oxygen under more than atmospheric ssure) is effective in some infections.

he anaerobic bacteria in the mouth, superficially an kely site for organisms that cannot stand oxygen, live nicroenvironments' such as between the teeth and is, where there is no oxygen. An oxygen-type therapy been found very effective in this area, particularly familiar treatment with hydrogen peroxide. Hydrogen oxide is toxic for most bacteria. However, some bac- a produce an enzyme that will de-nature the toxic oxide. The anaerobic bacteria do not produce this yme, however. The peroxide is also a good cleanser wounds, and is also flexible in reaching inaccessible as around the teeth.

totally new type of oxygen treatment has just been ounced as a result of clinical studies by doctors at University of Miami School of Medicine, Columbia versity's School of Public Health and Administrative dicine, and at Philadelphia's Temple University ool of Dentistry—an antiseptic gel that releases oxy- in the mouth, over a period of up to five minutes or e, thus making the oxygenation more effective. The manufactured by Reed and Carnrick, comes in a e and is available without a prescription.

XYGEN AND VITAMIN E— HE NATURAL MARRIAGE

min E naturally exists in vegetable products such as aturated fats and oils, whole grain, and wheat germ *ainly for the purpose of reacting with oxygen.* What pens is explained by biochemist Dr. A. Karim Ahmed. nen unsaturated chemical bonds [in fats and oils] ct with oxygen they form a certain type of compound gives a strange taste. We call it 'rancid,' and are iliar with such a taste in butter or meat. This is be- se the reaction creates peroxide-like molecules, sing rancidity.

Now this rancidity is not good for you. These per- de molecules get into your bloodstream and burst or upt the membrane of your red blood cells very easily. happens too much, and you destroy your red blood s, you can become anemic.

We have a very good example of this. When the as- nauts were going on their various flights, they were ced in a chamber of high oxygen tension—so they l far more oxygen in their bloodstream than under mal circumstances. When they came back, it was nd they were all anemic—not from iron deficiency, because the blood cells were disrupting. [There was much oxygen without control from anti-oxidants, sing rancidity—disruption of the blood cells—ane- .] So it was decided to add vitamin E to the astro- uts' diet to see if it would counteract this problem. The t astronauts with this new dietary regime were the ee who went to the moon—and when they came back, the first time, the astronauts were found not to be emic!

"It has been discovered, in studies done recently at M.I.T. and the University of California, that vitamin E plays a vital role in this area—because vitamin E binds oxygen in such a way that the oxygen is then *unable to react* with these unsaturated chemical bonds.

"There is a second problem relating to rancid fats in the human body. Within the cells of most human bodies there are other membranous structures called lysosomes, which contain digestive enzymes. When a cell is ready to die, the membrane bursts open, releasing these enzymes, and the entire cell is destroyed. Now if you have too much rancid fat in your body, it attacks these lysosome membranes, allowing the enzymes to escape, thus causing premature death to the cell. This is really what apparently happens in the aging process.

"So you see how crucial vitamin E is, to prevent this process of rancidity and premature aging. And the problem today is that many cooking oils are processed in such a way that the vitamin E is destroyed. White flour and white bread contain virtually no vitamin E. Yet nature provided vitamin E as a protective mechanism. The problem is even more serious as so many people eat refined foods—and also choose unsaturated fats, which, without an antioxidant such as vitamin E, may cause damage. Indeed, some reputable biochemists not only suggest that people with this kind of diet supplement it with vitamin E, but also feel that the recommended daily allowance of vitamin E is far too low."

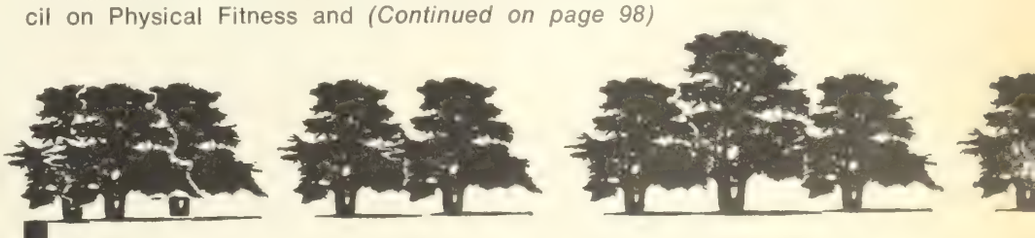
HOW YOU CAN PRESERVE OXYGEN

1. Live with plants. *As plants supply oxygen, a houseful of plants will ensure a fresh supply—but the earth's atmosphere is already so richly oxygenated that this is not* necessary *for health. The life cycle of plants is such that in daylight they make their own food, absorbing carbon dioxide and releasing oxygen (a process called photosynthesis). But at night they do not perform this action, instead release carbon dioxide—and no oxygen. Again, however, the atmosphere is so rich in oxygen that unless you sleep in a huge jungle of plants, with no ventilation whatsoever, there is no danger to your oxygen supply at night.*

2. Keep the oxygen clean. *It is not the amount of oxygen you need worry about, but keeping it clean—uncontaminated by other polluting gases that do so much harm. Cars contribute to air pollution more than almost anything else—so try to use public transport more and your car less. Industrial pollution is equally damaging: Support the Clean Air Act amendments and make sure your local officials are following up the legal requirements on air pollution in your area.*

AEROBIC EXERCISES

"Aerobic" means "with oxygen." When you apply it to a system of exercise, it means an exercise that is vigorous enough and lasts long enough to increase the efficiency of your aerobic system, that is your oxygen delivering system—heart, lungs, and blood vessels. "So if you do exercise vigorously and regularly, such as dancing," says Jacki Sorensen, director of Aerobic Dancing in New York and a clinic staff member of the President's Council on Physical Fitness and *(Continued on page 98)*



LAURA ARCHERA HUXLEY'S OXYGEN EXERCISE

In her new book, Between Heaven and Earth *(Farrar, Straus & Giroux, $8.95), Laura Archera Huxley provides a splendid oxygen breathing exercise. "To get more oxygen, we must make a place for it. Only by emptying our lungs can we make this place and we achieve this by exhaling completely. When we exhale incompletely, which is most of the time, we retain stale air in our lungs and bronchial tubes. The precious space we need for oxygen is filled with carbon dioxide . . . So exhale—press with your hand underneath the ribs and the abdomen until you are sure all the old air is out. When you are empty, you can almost massage your inner vital organs—liver, spleen, intestines—while remaining empty a little longer than it seems possible. Don't worry about inhaling! Nature will do that for you. Do this before getting up in the morning and again when in bed at night. Repeat this breathing three times during the day, especially before and after demanding work or disturbing situations."*

LAST-MINUTE PRESENTS THAT LAST





Shimmering crystal, silver, china, linen, and writing paper—wonderful to use, beautiful to look at: **1** Handwrought sterling silver doubled itself for the handle of a letter opener. By Buccellati. **2** Soft, pearl finished pure cotton rag stationery. "Letter Sheet" by Tiffany. **3** Fre sterling silver 7-pound paperweight. At Gucci. **4** Lead crystal dinner bell handcut and polished in Portugal, 6½-inches high. By Block. **5** silver covered bowl, a reproduction of an old Chinese design. 3½-inches high. By Gorham, at The Metropolitan Museum of Art. **6** Dramati of crystal 16 inches wide. "Camellia" bowl by Steuben. **7** Silverplated flute-shaped "Vase Gourmette" for flowers, a split of champag inches tall. By Hermés. **8** Pure cotton sheets and pillowcases, regular or continental, with handdone schiffli embroidery. At Léron. **9** Matte fi chrome picture frame imported from Italy, 16 inches high. At Bottega Veneta. **10** Handblown crystal bowl with scalloped edging at the ba inches across. "Period Piece Bowl" by Waterford. **11** An American classic, "Paul Revere" sterling silver punch bowl, 16 inches wide. By & Barton. **12** Six-lobed silver tray, a reproduction of an original English design. By Tiffany. **13** Crystal jug holds 1½ pints. By Wat **14** Dessert plates with raised floral design. "Blind Earl" by Royal Worcester, at Tiffany. **15** Handhammered sterling silver box by Buc



and intricate pocket watches to show off on a polished table: **1** Brown lacquered clock, gilt trimmed. By Tiffany. **2** Flip-up watch in a of a twenty-dollar gold piece. By Rolex. **3** 1.38 millimeters thick, "The World's Thinnest Pocket Watch" by Jaeger-Le Coultre. **4** Rose- atch with sliding cover. "Domino" by Van Cleef & Arpels. **5** Slant-faced rhodium clock with plaque for engraving. By Tiffany. **6** Eight-day nd stainless steel clock. By Swiza at Altman's. **7** Battery operated black-faced clock tells time, day, date. By Howard Miller. **8** Digital 2½- oe clock. "Times Square" at Altman's. **9** FM/AM clock radio. "Informer" by Sony. **10** Brass and glass cover over a clock that runs on nos Heritage Square" by Jaeger-Le Coultre. **11** Light spectrum on electric clock face. "Aurora" by Kirsch-Hamilton from Alan Spigel- Wrap-around acrylic on a brushed metal clock. "Triumph" battery alarm clock by Bulova. **13** Digital alarm clock. "Luna" by Computine n's. **14** Battery alarm clock in oval acrylic and brushed metal case. By Swiza at Altman's. **15** Gold retractable shell clock. At Tiffany. **16** gold watch by Van Cleef & Arpels. **17** Watch for pocket or pendant. By Rolex at Tiffany. **18** Gilt calendar watch. "Silhouette Pocket" by er. **19** Continuous read-out watch "Liquid Crystal Digital" by Seiko. For shopping information, page 177; store addresses, page 48.



THE SWISS MIX MASTER.

Most people think only a master chef can create an intriguing new cocktail or dessert. But the Swiss can easily make anybody a Master.

They've blended their great Swiss chocolate and succulent cherries into a most mixable liqueur. Imported Cheri-Suisse.

Try our recipes as a start. Then invent any number of pleasurable drinks and desserts on your own. The possibilities are as endless as your imagination.



1. CHERI-SUISSE FONDUE. In saucepan, melt 2 tbls. butter, 12 oz. semi-sweet chocolate. Blend ½ cup Cheri-Suisse. Keep warm over low heat. Dip fruit or cake squares, or use as ice cream topping.

2. STRAIGHT UP.

3. SUISSE TEQUILA. Shake with ice, 1 oz. Tequila, ¾ oz. Cheri-Suisse, 3 oz. milk. Pour into Old Fashioned glass over ice.

4. CHERI-SUISSE ROMANOFF. Drain jar (14-16 oz.) pitted dark cherries. Whip 1 cup heavy cream with 2 tbls. Cheri-Suisse. Fold into 1 pt. softened vanilla ice cream. Fold in cherries and 2 more tbls. Cheri-Suisse. Serves 8.

5. CHERI-SUISSE MIST. Pour 2 oz. Cheri-Suisse over crushed ice in champagne glass. Serve with short straws.

Cheri-Suisse
IMPORTED FROM SWITZERLAND

For a free Cheri-Suisse recipe booklet, write to: Park Avenue Imports, 375 Park Avenue, New York, N.Y. 10022. 52 proof.

The more oxygen your heart delivers with each stroke, the more energy you have to do more and have more fu

Oxygen *continued from page 95*

Sports, "what you are doing is strengthening your heart to pump more blood with each stroke, so that it's delivering more oxygen with each stroke, which means you have more energy—to do more each day and have more fun.

"If you start jumping around, your muscles will send a message to the heart that they need more oxygen—which means you must breathe more, and the heart must pump faster to deliver the oxygen. In aerobic dancing, you start off with a walk-dance. At the end you take your heart rate, and stay within the limits that are safe for you. When you progress to the jog-dance, you will find your heart rate is the same but you can do more. This means you have increased the efficiency of your heart so that although it's pumping at the same rate, more oxygen is being delivered with each stroke. The same happens with the run-dance.

"Heart rate, oxygen consumption and calorie consumption are all related. If you take your heart rate, that tells you how much oxygen you are consuming, and also how many calories you are burning up. For instance, the body expends 5 calories for every liter of oxygen it uses. So if you dance, using 2 liters of oxygen a minute, in 30 minutes you will use a total of 60 liters—which means 300 calories during that time. An additional benefit for all who exercise vigorously is the calorie expenditure that *goes on immediately afterward*. During this period you would burn more calories than during normal resting. For as long as 6 hours following a 28-minute run, for instance, the average person could expect to burn as much as twice the calories resting afterward than if he hadn't run."

LOOKING AFTER THE OZONE

Ozone is present in the stratosphere, a section of the atmosphere about 7 miles above the earth's surface. It is formed by the action of sunlight on oxygen gas. It acts like a blanket, protecting us from the sun's ultraviolet rays. It's as though we were incubated. This equilibrium has been established over centuries—but as ozone is now being perturbed by sourc other than natural breakdov processes (for example by the tric oxide emanating from nucle bomb explosions and from supe sonic jet transports) further esca of low-wave, ultraviolet light th is normal takes place, and this biologically dangerous.

One of the most hotly contest threats to the ozone, unfortunat ly, turns out to be one of the mo common household objects—t aerosol spray. "Many sprays co tain fluorocarbon gases, which se into the atmosphere," explains D Ahmed. "Some gases are solub with water, or get washed away rain, and so on—fluorocarbo are inert substances, thus they not react with other substance they are not soluble, nor do th get washed away, so the only oth place they can go is up—by currents into the stratospher There, something happens: at certain altitude, the fluorocarb molecules stop being inert and b come very active with other mo cules and break down the ozo layer. It is predicted that there w be a long term loss of ozone fro this situation, and an increased ri of ultraviolet radiation."

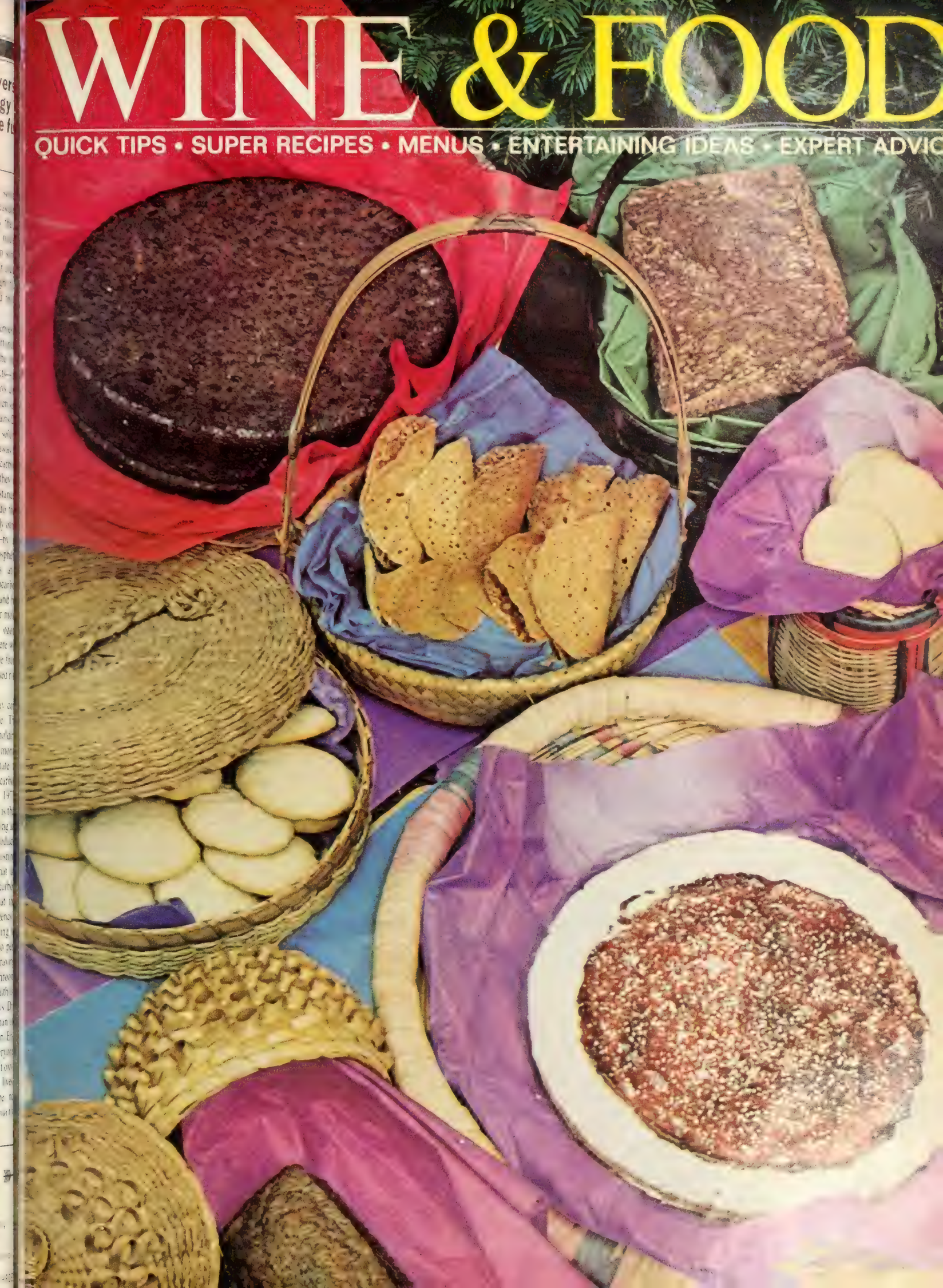
Studies come in every day co firming this gloomy picture. T Federal Government is holdi hearings on the subject. Last mon Oregon became the first state enact a bill banning fluorocarb aerosols, effective March 1, 197 But the most dramatic news is th consumers are obviously taking a tion; manufacturers of produc sold in aerosol cans are rushi out with new containers that not use the suspect fluorocarb propellant—so much so that t editor of an advertising agency newsletter has given up trying count them. "It is difficult to pe ceive that when you are sprayi an antiperspirant in your bathroo you are endangering the health everyone in the world," says D Russel W. Peterson, Chairman the White House Council on E vironmental Quality. If everyo understood a little more about ox gen and what it means to our live then surely there would be trouble at all in seeing *exact* what Dr. Peterson means!

Old fashioned cakes and cookies for Christmas *Tissue-packed and ready to go,* clockwise from upper right corner: *Banana Tea Bread, Stir and Drop Sugar Cookies, Alexandria Cake, Date Nut Loaves, Stir and Drop Sugar Cookies, Jamaican Fruit Cake, Mandelflarn Cookies.* *For recipes, please turn to page 101.*

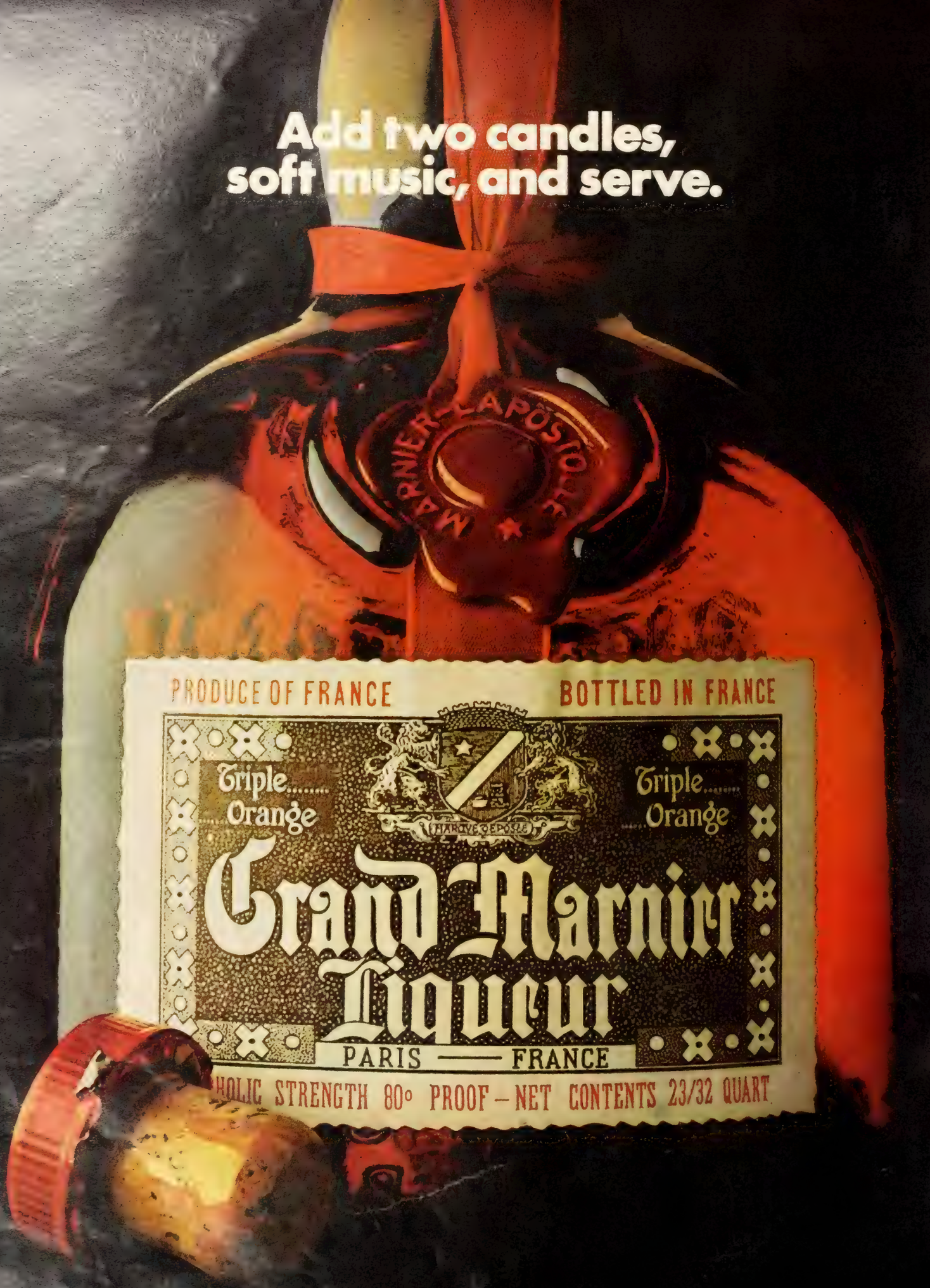
SUSAN WOO

WINE & FOOD

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The Almond People Invite You To See Why One Nibble Is Never Enough

BLUE DIAMOND

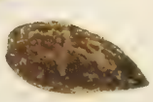
1. Open a tin of Smokehouse® Almonds. See how tantalizing they look. So crisp. So irresistible. Can you pour them in a bowl without stealing one or two?

2. Your friends are waiting. Can you carry in this bowlful of almonds without snitching a few more on the way?





3. Now see if you can pass these almonds without showing how much you want them all for yourself.



4. There are just a few nuts left. Can you keep from fighting over the last few almonds in the dish?

Failed all four tests? Don't worry, you're only human. Just remember to keep plenty of Smokehouse® Almonds on hand so you can treat your friends and indulge yourself, too.

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Celebrate—and stay slim

Light party drinks made with herbs, fruit juices and wines, plus light-handed ways with spirits

By Doris Tobi

Teas and tisanes—infusions of herbs and dried wildflowers—are wonderfully restorative to body and spirits, and usually zero in calories. Sip a cup while preparing seasonal culinary treats. Or serve an herbed tea or tisane as an invigorating meal starter.

ELEGANT BUBBLY

Delightful to the eye and palate and a winner in the slimdown race.

Ingredients

2 bottles (a fifth each) California Sauterne, chilled
2 bottles brut champagne, chilled
1 orange, thinly sliced, then halved
1 lemon, thinly sliced, then halved

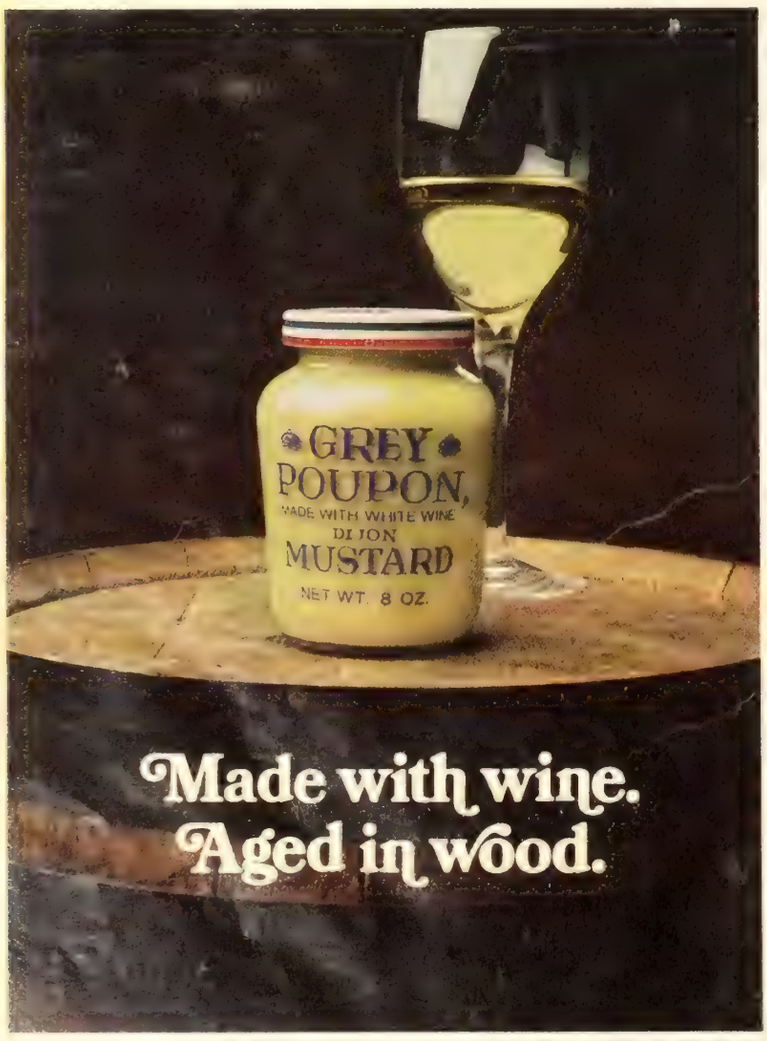
Method

Float a block of ice in a beautiful punch bowl and add the Sauterne, then the champagne. Add the slices of orange and lemon.

Serve in flute or tulip champagne glasses. Add an orange or lemon slice half to each glass. Serves 24.

YERBA MATE

An unusual tea—Yerba maté—is especially appropriate at Christmas, as it's made from dried holly leaves. The plant grows wild in Paraguay, Brazil, and Argentina, and is extremely popular in South America. Brew the maté as you would tea. Add lemon or a few cloves, cinnamon, or allspice for interesting flavor. Maté is available at herb and spice and health shops.



TISANE AMERICAINE

Michel Guérard serves his own tisane, a concoction of herbs, pine needles, heather flowers, and the like, at his famous spa at Eugénie-les-Bains, as an apéritif. Here is a Sateside version, made with native herbs.

Ingredients

3 teaspoons dried clover blossoms
2 teaspoons dried marigold flowers
1 teaspoon lemon balm
¼ teaspoon borage
3 cups water, brought to a boil
lemon slices

Method

Place herbs in teapot, pour boiling water over them, and let the tea steep 5 minutes. Strain and pour into small mugs or teacups and serve with a slice of lemon.

The tea may be chilled and served in juice glasses, a slice of lemon to each.

Bits of fruits—apple, pineapple, orange, grapefruit—may be added after steeping. Serves 4.

MOLLY'S PITCHER

Fruity and kicky

Ingredients

1 cup (1 9-ounce can) pineapple tidbits, drained, but reserve 2 tablespoons of the pineapple liquid
2 fresh tangerines, peeled, white membrane removed, and segmented
12 ounces blended rye whiskey
6 ounces peach brandy
14 ounces 7-Up
fresh mint leaves

Method

In an old-fashioned, quart-sized pottery or pewter pitcher, put drained pineapple tidbits, pineapple liquid, and tangerine. Add whiskey and brandy. Stir and let stand at room temperature 1-2 hours to macerate.

When ready to serve, add ice cubes and 7-Up. Stir and pour into pewter mugs, with a few pieces of pineapple to each. Top with a sprig of mint. Serves 6-8.

TEA A LA CASABLANCA

Minty, invigorating—exotic

Ingredients

8 teaspoons green tea, or 8 teabags
⅛ pound spearmint leaves, dried
1 quart water, brought to the boil
½ cup sugar or equivalent sugar substitute

Method

Place tea and spearmint leav in a large teapot or pitcher. Po boiling water over the leaves a steep 3 to 5 minutes. Add sug or sugar substitute, if desire Strain into porcelain teacu and serve at once. Serves 6.

VARIATION ON A MIMOSA THEME

Pretty bubbly—and very much a la mode.

Ingredients

block of ice
1 quart orange juice, chilled
1 large grapefruit, peeled, seeded, and cut into small segments
2 or 3 oranges, peeled, seeded, and segmented
1 magnum sparkling white wine (such as Kriter or Blanc de Blancs), chilled
1 quart carbonated water

Method

Float a block of ice in a beaut ful large punch bowl. Add th orange juice and fruit segment

Add the sparkling white win and carbonated water. Serve a once in coupe champagne glass es with a piece or two of seg mented fruit in each. Serves 2

LADY APPLE NOG

Frothy and delicate—with no heavy cream to stir guilt feelings as there are about 200 calories per 6-ounce serving, compared with the usual count of 300 to 400.

redients

eggs
easpoons granulated sugar
uarts plus 1 cup sweet
pple cider
y apple rings, unpeeled
ted nutmeg

thod

a large mixing bowl over an
n larger bowl containing ice
es. Add eggs and sugar.
at with an electric or hand
ter 10 to 15 minutes, or until
eggs form a light, lemon-col-
d froth. Continue to beat and
dually add the apple cider.

ir into pretty pitchers and
l 10 minutes in the refrigera-
Or serve at once in stemmed
let-shaped wine glasses.
ce a lady apple slice on each
and dust the tops with grated
meg. Serves 12.

NISH DYNAMO

utiful, bittersweet,
buoyant.

redients

nces Peter Herring or other
herry liqueur
nces 80-proof vodka
nces or so quinine water
ly sliced limes

hod

ir the cherry liqueur and vod-
nto a 12-ounce glass mug or
nball glass. Add ice cubes
quinine water. Stir. Garnish
n 2 thin slices of lime.

LICIOUS GOLDEN UNCH

eshingly tangy—
rewardingly low
e calorie department.

redients

nnamon stick, about 2
nches long
whole cloves
uart cold water
easpoons of leaf tea,
r 10 teabags
uart apple cider
ips cranberry cocktail juice
e of 1 lemon
cranberries, to garnish

hod

l cinnamon stick and cloves
water and bring to the boil.
e off heat.

ce tea leaves or bags in a
ie pitcher and pour in spiced
er. Steep tea until a deep
per color. Strain into a large
ch bowl and cool.

When ready to serve, float a block of ice in the spiced-tea punch bowl and add remaining ingredients. Serve in stemmed, all-purpose wine glasses. Add 3 raw cranberries to each glass. Serves 16 to 20.

HOT AND SPICY CIDER

This may be prepared several days in advance, a definite advantage this bustling holiday season.

Ingredients

2 quarts sweet cider
4 3-inch sticks of cinnamon
1 tablespoon whole cloves
1 teaspoon ground ginger
½ teaspoon allspice or 10 cloves
6 pieces of orange zest, about 3 inches by ¼-inch wide, plus more for garnish

Method

Place cider, spices, and orange zest in large pot and bring to the boil. Lower flame at once, simmer, covered, 30 minutes. Cool.

Strain and pour into covered container. Refrigerate overnight, or 2 to 3 days.

When ready to serve, heat to the boiling point and serve piping hot in ceramic mugs. Add a curl of fresh orange zest to each mug. Serves 20-24.

BICENTENNIAL PUNCH

Naturally sweetened native American wine gives it a natural lift

Ingredients

10 teaspoons leaf tea or 10 teabags
1 quart cold water
½ cup fresh lemon juice, strained
1 bottle (a fifth) Concord, Catawba, or other fruity American wine
2 quarts diet ginger ale
grapes, to garnish

Method

Prepare extra-strong tea by steeping tea leaves or bags in boiling water and transferring to teapot or bowl. Cool and transfer to festive holiday punch bowl. Add lemon juice and wine.

Float a block of ice in the bowl. When ready to serve, add ginger ale and serve in stemmed coupe glasses, with 2 to 3 fresh blue-black Concord, jet-black Ribiers, or red-purple Emperor grapes to each glass. About 20 servings.

Continued on page 109

Make the most of Vandermint, the great Dutch after-dinner liqueur.

Because not only can you drink Vandermint, you can eat Vandermint. In a parfait. Or pie. Or mousse. Imported from Holland, Vandermint is an exquisite chocolate liqueur that has great possibilities.

What more could you want? Somebody special to give it to.

1. VANDERMINT CHOCOLATE CHEESE PIE: Cream 3/4 cup Vandermint, 8 oz. cream cheese. Add 1/2 cup milk, 1 pkg. (4-1/2 oz.) instant chocolate pudding; beat smooth. Spoon into 8" chocolate crumb crust: 1-1/4 cup chocolate snap crumbs; 1/3 cup soft butter. **2. VANDERMIST:** Pour 2 oz. Vandermint over crushed ice in champagne glass. **3. VANDERMINT ALEXANDER:** Shake 1 oz. Vandermint, 1 oz. gin and 1 oz. cream with cracked ice. Strain into cocktail glass. **4. VANDERMINT & ICE CREAM:** Pile scoop of ice cream into dessert dish. Top with Vandermint. **5. VANDERMINT & VODKA (V&V):** Pour 1 part Vandermint and 2 parts vodka over cubes in a "rocks" glass. **6. VANDERMINT PARFAIT:** Alternate Vandermint and scoops of pistachio, chocolate, coffee ice cream in parfait glass. Top with whipped cream, splash Vandermint. **7. VANDERMINT MOUSSE:** Mix in blender 6 oz. semi-sweet chocolate pieces, 1/2 cup Vandermint. Blend. Add 1/4 lb. soft butter (in pieces), 4 egg yolks. Blend. Beat 4 egg whites, 2 Tbsps. confectioners sugar till stiff. Fold into Vandermint mixture. Pour into dish lined with Vandermint-dipped ladyfingers. Chill. **8. VANDERMINT FONDUE:** Melt 6 oz. semi-sweet chocolate pieces. Stir in 1 cup sour cream, 1/2 cup Vandermint. Serve warm. Dip strawberries, cookies. **9. DUTCH COFFEE:** Pour jigger of Vandermint into a cup. Add hot coffee and top off with whipped cream. **10. VANDERMINT STRAIGHT.**



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more succulent on toast with jam than butter. Lee's eye opener was tea and sliced tomatoes and herbs on toast. And of course there were eggs and cereal, sausages and kippers for those who wanted them.

Lunch on Christmas day was a smorgasbord—very late because the morning was taken up by Roland making the rounds of the farm homes with his son, Tony, to wish everyone season's greetings. Lee took advantage of the comparative peace and quiet to hold court in the "new kitchen" while she got the turkey ready for the even later dinner.

Half the fun of a Muddles Green Christmas was talking in the kitchen, drinking in the kitchen, getting in Lee's way in the kitchen, kidding in the kitchen. And this pattern included a tribe of cats, two dogs, all the guests, plus Patsy, barefooted even in winter, helping Lee organize the food while the ambiance took care of itself with everywhere log fires.

Guests and hosts would make mysterious expeditions to Aladdin's Cave with armfuls of gaily wrapped secrets to spread under and in front of the tree—not to be touched until after lunch. The pile was enormous as there were always a dozen guests and plenty of kids. "One Christmas there were seventeen houseguests, and the living room became a dorm," Lee remembers.

The Christmas smorgasbord presented soused herring, fennel slices in lemon juice and oil, stuffed eggs, mushrooms à la grecque, fish and liver pâtés, prawns and smoked salmon, a small sliced ham, cauliflower with pink mayonnaise, céleris rémoulade, rice salad, carrots râpées, fruit salad, and cheese. As an out-of-season touch, Lee is up to such tricks as producing Summer Pudding she froze months before, for dessert, or herb butter from herbs she grew in her garden and froze.

Lunch was washed down with champagne, but as the spread was progressively demolished, both adults' and children's increasing impatience about what was under the tree took precedence over interest in food and drink. The rule was that everyone could pick out a gift; as long as it was for someone else. Because of the crowd on the receiving end, this exotic, wonderful ceremony of distribution went on all afternoon to the "oohs" and "ahhs" of the audience. Piles of wrapping soon hid the floor, misplaced unwrapped presents got lost, the log fire would flare up as a paper was thrust in to get rid of it, kids screamed with delight.

One grand present was sometimes held back to make a climax. Once it was a horse for Georgina, led stomping and whinnying into the kitchen, much to its astonishment. Another was a bicycle for Claudia. Once she found a typewriter that turned out be for Georgina when she was expecting one herself. It was a near disaster until hers was unearthed from the pile to everyone's relief.

The final wrapper removed, Roland led an expedition of warmly wrapped, "gumbooted" overeaters around the sticky clay on his farm to admire the milch herd and absorb some much needed fresh air and post prandial exercise. Back to the living room's log fire for drinks, tea, and Patsy's cake. Guests and host were nothing if not articulate, being artists, writers, publishers, creative talents of various persuasions, and conversation, always interesting, rarely flagged.

Roland, as master of ceremonies, would summon the guests to the dining room, seating them according to some private and pleasing protocol of his own. Lee's Christmas dinner that followed was inventive and always delicious. The turkey stuffing was green rice and pistou instead of the usual spiced breadcrumbs or chestnuts. Vegetables ("anything but Brussels sprouts") were purées of carrots and parsnips mixed, or celeriac and potato, or green-beans and potato. "The most important thing about mixed purées," Lee says, "is to cook the vegetables separately before mixing them to preserve their individual flavors.

"I have to serve plum-pudding," Lee complains, "filled with rings, and small silver coins, and other luck pieces, or the kids would go on strike. But I refuse to eat the stuff, so I l lemon sorbet as well. My br butter I tint blue with food c ing to get away from that re less red and green of Chris Anything to make things no tirely ordinary-Christmasy still keeping a touch of tion." One Christmas Lee's tery sorbet was made with Cola! Dinner winds up nuts, fruit and Baxter's Chi Figs (Chinoiserie candy, i can imagine it), and the we of ridiculous hats produced enormous Christmas cra that have been waiting sta on the table like cordwoo impress the younger set, opulent knicknacks and fo cards inside to make laugh.

"We always have tons of died fruit that no one eats, turn that into soufflés, or st into pears, or bake it into a s Nesselrode." All this went a hurricane of French w and brandy and liqueurs to f you off. The dining room festooned with tinsel and h its red tile floor contrasting ly with the surrealistic s painted in the fireplace by host.

Boxing Day was set asid cold turkey and recovery. ple go for long strolls on Downs, or explore the pr toric "Long Man" etched in hills nearby. Friends and ne bors come to visit, and "the always a hunt to watch."

The first Saturday after Ch mas is Bell Ringing Day in N dles Green. Neighbors, staff, houseguests, friends abroad, come for a concer carols rung on hand bells l local team of change ring and stay for supper, singing, drinks. The buffet is always same, sausage rolls, sa sandwiches, deviled eggs, cake. The singing gets m "pubby" as the evening w on with Alastair contributin library full of rude lyrics to cient and ribald ballads. S supplies the punch, made the required fruit juice and with ale, beer, rum and wh for those who prefer th Dancing, depending on ranges from folk through ta to rock and back.

Sometime during the fes

Brandy butter is tinted blue with food coloring to get away from that relentless red and green of Christmas

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BRAUN

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es Roland managed to put on a nasque" or pantomine in the laddin's Cave with members of e party as players. Children ook parts disguised as animals, ith papier-mâché heads—ows, rabbits, mice—and lines speak. The Magic Box anwered the kids' questions with voice surprisingly like Rond's, handing out pictures of hat they would look like when ney grew up. Nigel, when a litle boy, got one of himself as a earded man, which shocked m to tears. But mostly the party riotously happy.

Once Valentine dreamt she'd een a ghost in her guestroom, ressed as a Victorian child. The ext afternoon, Claudia was giva suitably lugubrious costume nd pushed into the napping dy's boudoir to wake her for ea. Startled, then charmed, the rtist made a sketch of the ghost" on the spot. Later laudia, offspring of trencherhen, summed up the whole luddles Green season. "It was uge tree presents, being taught ride a bike, loudness, fun—ut Christmas really only began t lunchtime."

around Christmas—fat, green sugar plums; red glories; yellow sweet apricots, and indeterminate fruits—all too gooey for the teeth, the palate, the diet, and the waistline," says Lee, "I chop them up and make Nesselrodeish things with them using several bases depending on whether I'm long on cream or eggs or time!" If piled high in a soufflé dish with a collar around until set, the edges can be plastered with candied fruit chunks, too.

Ingredients

5 eggs, separated
⅔ cup confectioners' sugar, sifted
½ cup rum or any good liqueur except mint, or use vanilla
1 envelope unflavored gelatin
¼ cup cold water
2 cups cream, whipped, plus more for decorating
3 tablespoons candied fruit, finely chopped, per layer of mousse, plus whole ones for decorating
cognac

Method

Beat egg yolks in blender with sugar. Add rum or flavoring.

Soften gelatin in the cold water and dissolve over low heat. Add to yolks. Fold in the whipped cream. Whip egg whites stiff and fold into mixture.

Soak candied fruit in cognac. Pour a layer of mousse into a serving bowl or dish and sprinkle with the soaked fruit. Alternate layers of mousse and fruit ending with a layer of mousse. Chill in the refrigerator.

Just before serving, decorate with piped, whipped cream and more candied fruit.

NESSELRODE NUMBER II

Ingredients

2 egg whites
pinch salt
¼ cup sugar
1 cup cream, whipped
¼ cup Grand Marnier or similar liqueur
liqueur-soaked candied fruit
berry purée

Method

Beat egg whites, salt, and sugar until stiff. Fold in whipped cream and liqueur. Assemble as in first recipe but freeze for a few hours.

Unmold and serve the nesselrode with a sauce, preferably a purée of berries.

PATSY'S CAKE

Ingredients

1 cup butter
1 cup sugar
4 eggs
4 drops vanilla
2 cups self-rising flour
strawberry jam or whipped cream
confectioners' sugar

Method

Cream butter, add sugar, and cream well together. Add eggs, one at a time, beating well after each addition. Add vanilla. Gently fold in flour. Pour into two 8-inch greased and floured cake tins. Bake at 375° for 25 minutes. Fill with jam or whipped cream or both. Dust with confectioners' sugar.

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CASE
The Early Americans

Something old is something new.



Bake the breads in coffee cans, flowerpots, muffin cups—anything you have that can go in the oven

Presents good enough to eat *continued from page 101*

DATE NUT LOAF

From Deborah Brown

Ingredients

1 8-ounce package dates, pitted and cut in small pieces
3 tablespoons butter
1½ cups boiling water
2½ cups all-purpose flour, sifted
1½ cups sugar
1 teaspoon salt
1 teaspoon baking soda
1 egg
1 cup nuts, chopped
1 teaspoon vanilla

Method

Put dates and butter in a large bowl and pour boiling water over. Let stand at room temperature until cool.

In a bowl, sift together flour, sugar, salt, and baking soda. Add flour mixture, egg, nuts, and vanilla to date mixture. Blend thoroughly.

Spoon into eight 4½-by-2½-by-1½-inch greased and floured loaf pans.

Bake at 325° for 35 minutes or until done. Turn out onto wire racks and cool thoroughly.

To store, wrap in waxed paper, then in foil. Cake freezes well. Makes 8 small loaves.

GLAZED LEMON BREAD

From Ellie Wood

Ingredients

2½ cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
⅓ cup butter
1¼ cups sugar
2 tablespoons lemon zest, grated
2 eggs
1 cup milk
⅓ cup lemon juice

Method

Preheat oven to 325°. Sift together flour, baking powder, salt, set aside.

In a bowl, cream butter with 1 cup sugar and 1 tablespoon lemon zest. Add eggs one at a time, beating well after each addition. Add dry ingredients and milk alternately half at a time, stirring just until smooth.

Pour into a greased 9-by-5-by-3-inch loaf pan and smooth top. Bake 60-70 minutes or until tester comes out clean.

Just before end of baking time, in a saucepan, combine lemon juice, remaining zest, and ¼ cup sugar. Heat slowly until sugar dissolves, stirring constantly. Pour evenly over bread immediately after taking it out of the oven.

Cool in pan on rack for 30 minutes. Carefully remove from pan and cool on rack for 2-4 hours more before slicing.

Note: If you want a slightly tart taste, leave out a few tablespoons of sugar.

ALEXANDRIA CAKES

From Ann Dedman, a dessert caterer in New York City

Ingredients

1 pound butter
1 cup sugar
4 cups all-purpose flour, unsifted
grated zest of 1 lemon, or more if desired
currant jelly or seeded raspberry jam
confectioners' sugar
lemon juice, strained

Method

Using pastry cutter or two knives, cut butter into sugar, flour, and lemon zest until thoroughly blended. It will have the texture of small peas.

Form into ball and divide into 3 parts. Pat each firmly into 3 ungreased 9-inch-round baking tins or 2 cookie sheets (this will make a much thinner cookie). Bake at 375° for 25 minutes or until golden brown. Do not overbake. Turn out of pans immediately and cool on wire racks.

To serve, spread cookie base with jelly or jam. Then glaze over with confectioners' sugar moistened with enough lemon juice to allow glaze to drip in patterns on cookies. Makes 3 large cookies.

DATE CAKE

From Mrs. Virgil Cook

Ingredients

1 teaspoon baking soda
1 cup boiling water
1 cup dates, chopped
1 cup brown sugar, plus 5 tablespoons
¼ cup butter, plus 2 tablespoons
1 egg
1 teaspoon vanilla
½ teaspoon salt
1½ cups flour
1 teaspoon baking powder
½ cup nuts, chopped
5 tablespoons cream

Method

In a bowl, add baking soda and boiling water to dates, mix, and let stand.

In a separate bowl, cream 1 cup brown sugar and ¼ cup butter. Add egg and vanilla and beat well. Add salt, flour, baking powder to creamed mixture. Mix well. Fold in date mixture and nuts.

Pour into a greased 8-inch-square pan. Bake at 350° for 35 minutes. Cool.

In a saucepan boil together the remaining brown sugar, butter, and the cream for 3 minutes. Cool. Spread topping on cake and cut into serving pieces.

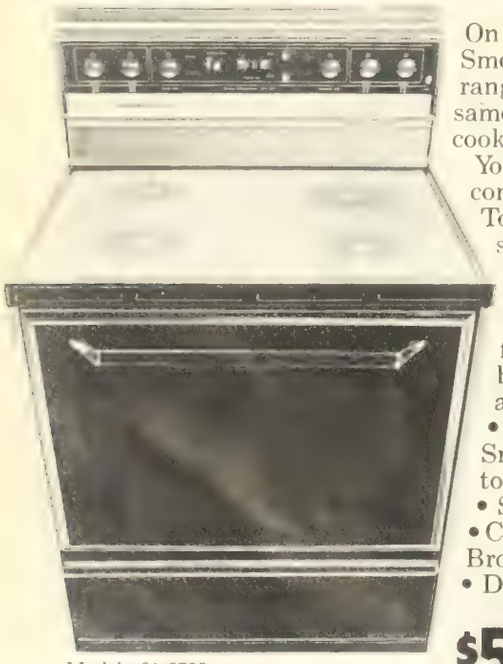
MINCEMEAT

From *Home Made* by Sandra Oddo (Atheneum)

Ingredients

2 pounds beef, boiled, cooled, and chopped fine (beef can be leftovers from stock-making chopped by hand)
1 pound beef suet, minced
5 pounds apples, peeled, cored, and chopped
2 pounds raisins, chopped

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pound sultana raisins, chopped
pounds currants
pound citron, minced
tablespoons cinnamon
teaspoon nutmeg
tablespoon cloves
tablespoon allspice
tablespoons mace
tablespoon salt
½ pounds brown sugar
quart dark sherry
pint brandy

ethod

a very large bowl, combine l the ingredients except the andy. Mix thoroughly and pack large sterilized canning jars th tight lids. Pour the brandy er the packed mincemeat and al with the lids.

ore in a cool, dark place. The incemeat improves with age. needed, it can be rejuvenated th another splash of brandy. can be used in 2 weeks but best made in October, when ples are plentiful, for use the llowing year. Makes nearly 2 allons.

MINCEMEAT FRUIT CAKE

om Sandra Oddo

gredients

cups flour, sifted
teaspoons baking powder
teaspoon baking soda
teaspoon salt
3 ounces mincemeat
½ cups raisins, seedless
cup walnuts or pecans, chopped
cup candied cherries chopped
cup citron, chopped
eggs, slightly beaten
½ teaspoons vanilla
½ cups sugar
cup butter, melted
cup brandy, bourbon, or sherry

lethod

ift flour, baking powder, baking oda, and salt together. In nother bowl, combine the incemeat, raisins, nuts, cher- es, citron.

a bowl, put eggs, add vanilla nd sugar, and beat well. Stir in elted butter. Stir in mincemeat ixture and dry ingredients.

rease and flour well three 1- ound coffee cans and fill ¾ ll. Bake about 1¼ hours at 25°, or until done. Test with a traw. Remove the cakes from ven and splash on ¼ cup randy for each cake. Put on ne plastic lid. Allow to age for month or so.

Celebrate—and stay slim *continued from page 105*

CAFE BRULOT

Traditional in New Orleans' homes and restaurants, this flaming olio of coffee, cognac, liqueur, and spices is a dramatic ending to a holiday dinner party.

Ingredients

zest of 1 orange, cut into julienne strips
zest of 1 lemon, cut into julienne strips
2 cinnamon sticks, about 3 inches long
15 whole cloves
1 teaspoon sugar per cup (optional)
2 cups cognac or brandy
1 cup orange liqueur
4 cups strong black coffee

Method

Place orange and lemon strips, cinnamon, cloves, and sugar in a chafing dish over low flame. Combine cognac and orange liqueur in a saucepan and warm. Ignite cognac-liqueur mixture and pour flaming, over the ingredients in the chafing dish. Add the coffee, stirring with a long-handled spoon until the flames ebb. Ladle into demitasse cups. Serve at once to 18.

Individual spritzers are great because they combine low-calorie wines with no-calorie club soda. They should be served in tall, slim glasses, tinkling with ice.

SANTA'S SPRITZER

Pour into a glass 4 ounces of dry red wine, such as California Zinfandel or Cabernet Sauvignon, add ice and carbonated water. Top with a trio of seasonal fresh grapes.

SNOWTIME SPRITZER

Pour into a glass 2 ounces vodka or gin. Add 4 ounces unsweetened grapefruit juice. Fill the glass with diet ginger ale or 7-Up. Garnish it with a segment of fresh grapefruit.

Continued on next page



CHECK THE NAME The true Crock-Pot slow electric stoneware cooker is made only by Rival. It's the original slow cooker, the one that started the big swing to slow cooking. Other cookers use names and designs to imitate ours, but no other cooker is a true Crock-Pot!

LOOK INSIDE The true Crock-Pot is made of thick stoneware, never glass or metal. Only thick stoneware can hold the low heat required for true Crock-Pot cooking.

Electric elements around the sides evenly heat the stoneware to about 200° (300° on high) so there's no concentrated heat in the base. That's the secret of true slow cooking. It means you can simmer stews, roasts, chicken, soups and casseroles for 8, 10 or 12 hours without stirring, timing or tending. The Crock-Pot "cooks all day while the cook's away." For about 4¢.

CHECK THE COOKBOOK Every regular Crock-Pot brings its own 84-page Cookbook with over 180 recipes...from main dishes to sauces, vegetables, even breads and cakes.

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RIVAL

RIVAL MANUFACTURING COMPANY
Kansas City, Missouri 64129. Also available in Canada.

Serve an herbed tea or tisane as an invigorating meal starter or sip one as you prepare the holiday feast

Celebrate—and stay slim

continued from preceding page

TEUTONIC WINE SPRITZER

Pour into a glass 4 ounces Moselle or Rhine wine, add plenty of ice, and fill with club soda. Garnish with defrosted frozen whole strawberries.

ROSE SPRITZER

Pour into a glass 6 ounces of California rosé, add ice and club soda. Place a thin round of unpeeled cucumber near the rim of the glass.

RUBESCENT TISANE

A zingy tomato and herb soup,
to start off
a holiday meal in style

Ingredients

6 cups tomato juice
1 14-ounce can beef bouillon
1 small onion, grated
3 stalks celery, very finely minced
juice of 1 large lemon, strained
¼ teaspoon basil, dried
¼ teaspoon savory, dried
¼ teaspoon parsley, dried
¼ teaspoon salt
freshly ground pepper to taste
1 green pepper, chopped coarsely

Method

Place all ingredients except green pepper in a saucepan and simmer over low flame 20 minutes.

Serve hot in ceramic mugs. Sprinkle the tisane with chopped pepper for seasonal color effect. Serves 10.

SLIMDOWN WASSAIL BOWL

Here's a slimdown version of
the traditional Wassail Bowl.
The sugar and egg yolks have been
omitted and the usual baked
apples' additional calorie count
pared down by using thin slices of
raw apple instead. This makes
a festive Wassail Bowl, surprisingly
satisfying and elegant to serve.

Ingredients

1 teaspoon nutmeg, ground
2 teaspoons ginger, ground
1 teaspoon cinnamon, ground
8 whole cloves
1 cup water
4 bottles dry sherry
12 egg whites
3 unpeeled eating apples, cored and sliced

Method

Mix the spices with the water and add to a 5-quart kettle or pot together with the sherry. Bring to a boil, lower flame, and simmer 20 minutes.

Beat the egg whites in a huge, 10-quart bowl. Remove hot, spiced sherry from fire and, using a ladle, gradually add to the beaten egg whites, beating with a wire whisk after each addition, until thoroughly blended.

Transfer to a large holiday punch bowl and serve at once with a slice of apple to about 20.

Note: The mixture has a tendency to separate after a half hour, so use at once. For a smaller group, halve the recipe.

KNICKERBOCKER PEGLEG PUNCH

A heady brew, this—so ladle
with caution—no more
than 3 ounces to a cup—
and plenty of ice.

Ingredients

10 teaspoons loose tea or 10 teabags
2 quarts boiling water
1 12-ounce jar orange marmalade
12 ounces cold water
1 bottle (a fifth) rye whiskey, Southern Comfort, or bourbon
1 bottle cognac or brandy
1 bottle medium-dry Madeira, (Verdelho or Rainwater)
superfine sugar, optional
4 medium oranges, pitted and thinly sliced

Method

Steep tea in boiling water 3-5 minutes, until very strong. Spoon marmalade into a saucepan, add cold water, and simmer, stirring, until marmalade is melted. Pour into the hot tea, stir to blend, cool.

To assemble the punch, float a large block of ice, or several trays of ice cubes in a large, festively colored holiday punch bowl. Add whiskey, cognac, Madeira, and the marmalade-spiked tea. Let stand an hour before serving. Taste. You may wish to add a small scoop of superfine sugar. Float the orange slices atop and ladle into punch cups, adding additional ice and an orange slice to each. Serves about 45.

CAFE MEPHISTO

Hot and spicy,
with a whisper of anisette.

Ingredients

1 teaspoon cardamom seeds, finely crushed
3 cinnamon sticks, about 3 inches long
10 whole cloves
8 allspice berries
6 cups strong black coffee
½ cup cognac or brandy
¼ cup anisette

Method

Add spices to freshly brewed black coffee and steep 1 hour.

In a separate pan, warm cognac or brandy and anisette for about 5 minutes to burn off the alcohol. Add to coffee. Reheat coffee over low flame.

Strain coffee into a heated coffee server and serve in demitasse cups to 16. Pass a bowl of sugar for those who like theirs hot and sweet.

Building Facts

Materials and equipment in the house on page 82

ARCHITECT: Keith R. Kroeger
INTERIOR DESIGNERS: Keith R. Kroeger and owners
LANDSCAPE ARCHITECTS: Keith R. Kroeger and owners
SIZE OF HOUSE: 1,900 square feet

STRUCTURE
Foundation: existing stone rubble.
Framing: Standard wood frame construction.
Exterior walls and roofs: Rough-cut cedar shakes by Potlatch Corp.
Exterior finish: Bleaching oil by Samuel Cabot, Inc.
Insulation: Glass fiber batts by Owens-Corning Fiberglas Corp.
Windows and doors: Arcadia aluminum frame sliding glass doors by Northrop Architectural Systems.

INTERIOR OF HOUSE
Interior walls and ceilings: Strip oak and fir planks.
Floors: In major rooms, carpet; in kitchen and baths tile by American Olean Tile Co.
Lighting fixtures: Recessed and track lighting by Luxtrol, Gotham and Lightolier.
Interior finishes: Dark brown stain on trim by Samuel Cabot, Inc.
Hardware: Modric hardware by Elmer T. Hebert Corp.
Fireplaces: Existing stone.
Cabinets and countertops: custom made.
Plumbing fixtures: American Standard, Inc.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Refrigerator by Westinghouse Electric Corp., range by Jenn-Air Corp., wall oven by General Electric Co., KitchenAid dishwasher by The Hobart Mfg. Co., washer and dryer by General Electric Co.
Water heater: 50-gallon tank by A. O. Smith Corp.
Heating system: Individual room control electric heaters.

Statement Required by the Act of August 12, 1970: Section 3685, Title 39, United States Code showing the Ownership, Management and Circulation of HOUSE & GARDEN, published monthly, for October 1, 1975.

1. Location of known office of Publication is 350 Madison Avenue, New York, New York 10017.

2. Location of the Headquarters or General Business Offices of the Publishers is 350 Madison Avenue, New York, New York 10017.

3. The names and addresses of the publisher, editor and managing editor are: Publisher, Poul Hornsleth, 350 Madison Avenue, New York, N.Y. 10017; Editor, Mary Jane Pool, 350 Madison Avenue, New York, N.Y. 10017. Managing Editor, None.

4. Owner: The Condé Nast Publications Inc., 350 Madison Avenue, New York, New York 10017. Stockholder: Through intermediate corporations to Advance Publications, Inc., S. I. Newhouse, sole voting stockholder.

5. Known bondholders, mortgagees and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages or other securities are: None.

6. For optional completion by publishers mailing at the regular rates (section 132-121 Postal Service Manual). 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 4359 of this title shall mail such matter at the rates provided under this subsection unless he files annually with the Postal Service a written request for permission to mail matter at such rates."

In accordance with the provisions of this statute, I hereby request permission to mail the publication named in the first paragraph at the reduced postage rates presently authorized by 39 U. S. C. 3626.
(Signed) Poul Hornsleth, Publisher.

7. Extent and nature of circulation

	Average no. copies each issue during preceding 12 months	Single issue nearest to filing date
A. Total no. copies printed	1,183,950	1,228,941
B. Paid circulation		
1. Sales through dealers and carriers, street vendors and counter sales.	314,350	340,000
2. Mail subscriptions	738,804	740,000
C. Total paid circulation	1,053,154	1,080,000
D. Free distribution by mail, carrier or other means Samples, complimentary, and other free copies	21,562	28,136
E. Total distribution	1,074,716	1,108,136
F. Copies not distributed		
1. Office use, left-over, unaccounted, spoiled after printing	11,734	10,805
2. Returns from news agents	97,500	110,000
G. Total	1,183,950	1,228,941

I certify that the statements made by me above are correct and complete.
(Signed) Poul Hornsleth, Publisher.

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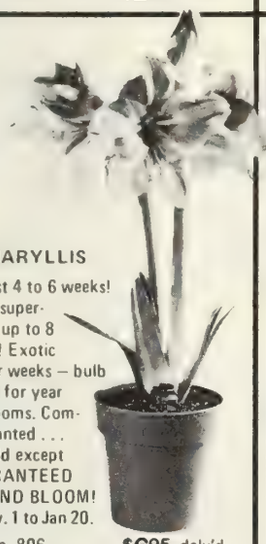
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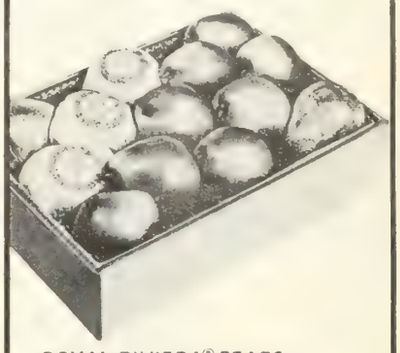
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			$

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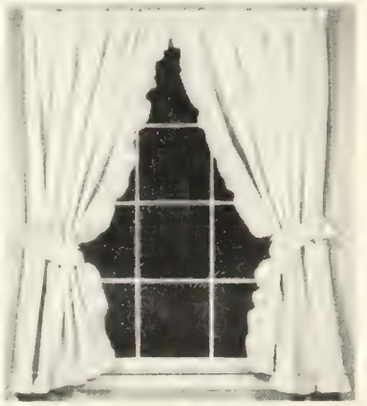


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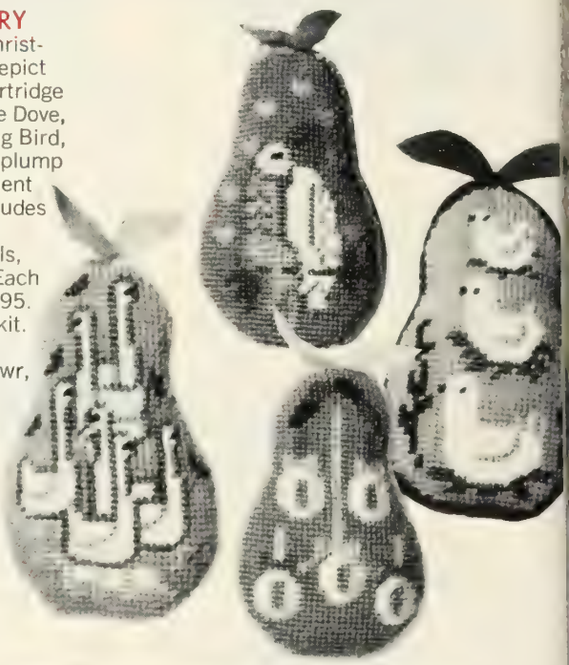
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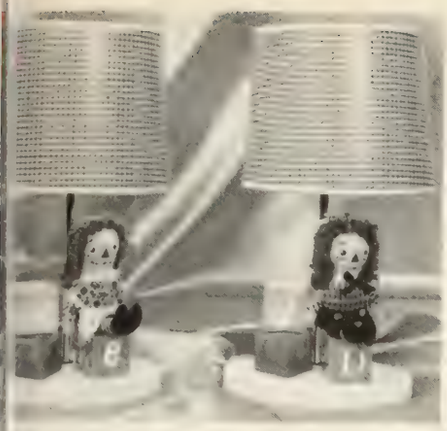
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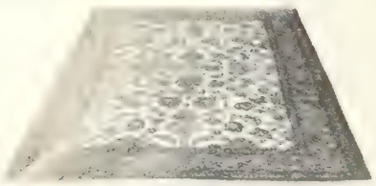
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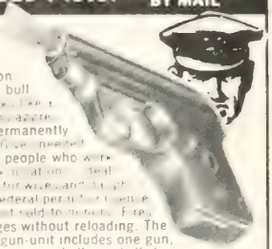
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Save those newspapers; roll your own "logs." Here is a bonus energy source to combat the fuel shortage. Newspaper logs burn just like wood, thanks to the built-in flu at the core of each log. And remember, wood logs cost nearly $100.00 per cord; newspaper logs are free! Complete instructions included. Very easy to use. The all-metal roller bin measures 19" wide by 6" tall. Color choice: BLACK or HARVEST GOLD.

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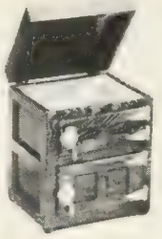
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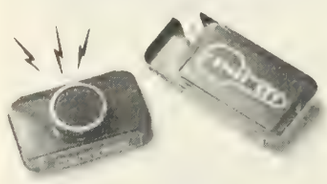
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The kind of icebox great grandmother used has been reproduced in miniature to make a container to use on bar, patio or by the pool. Walnut finished wood with removable plastic liner. 9" by 7¼" by 6½". $11.95 plus 50c post. Downs, Dept. 1412-Y, Evanston, IL 60204.



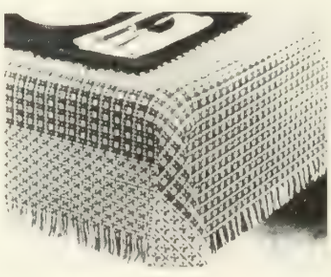
3D INITIALS

Shining sterling silver initials have great depth, hang handsomely from a 15" sterling chain. Great for winter velvets and shimmering silks or sporty with tweeds and soft wools. $13 each with chain. Add 50c post. Silver Shoestring, HG12, Box 275, Rockville Center, NY 11571.



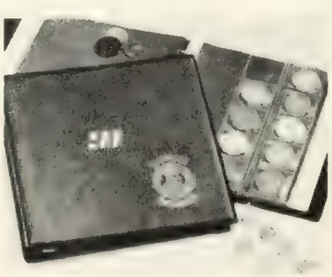
TO THE RESCUE

Brilliantly simple gadget averts many a catastrophe: it keeps an extra car or house key on the fender, bumper or a metal pipe. Metal key case has sliding cover and heavy magnet. $1 plus 15c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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Antique brown vinyl album with rings holding eight clear vinyl pages for over 130 coins 1½" to 3" dia.; also bars, ingots. 10" by 10½". Brass initials (print). $10.98; 3 add-on pages $3.98: set $13.98. Add 80c post. Lillian Vernon, GDE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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Attached-cushion seat, native hardwood frame 18" x 18" x 18". Upholstered in print, as shown $59; your fabric (2 yds., 54") $49. Casters add $10. Exp. coll. Furniture catalogue with a request form for fabric swatches $2. Hunt Galleries, HG7512, Box 2324, Hickory, NC 28601.

5 MINUTES—TWICE DAILY FOR 14 DAYS, THAT'S ALL THE TIME WE ASK... and we guarantee you will start looking years slimmer—and that's only your beautiful beginning!

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No complicated exercises. No rigid diets. Without disrobing, do one simple, pleasant, rhythmic "5" minute exercise twice daily, lying comfortably on your back, whenever you have the time during the day or evening (even while watching TV). Because it activates your major muscle groups at one time, it instantly starts its concentrated slimming, firming, and shaping action on your total figure.

AMAZINGLY EFFECTIVE

The Figure Shaper action concentrates mainly on your waistline, hipline, and upper thighs... the areas that emphasize an aged body look when you're overweight. It even helps firm up your bustline. By speeding up your metabolism, it helps burn up stored calories, releasing excess water, curbing your appetite without suppressants. You'll increase your energy factor, vigor, and well being... and we guarantee you'll see results in 3 days... start looking years slimmer in 14 days!

SAY GOODBYE TO RIGID DIETING— EAT ANYTHING YOU WANT (JUST 20% LESS)

With the Figure Shaper Plan, there's no need to give up any of the foods you love or subject yourself to rigid dieting. Just cut down about 20% of your food intake (without giving up any of the "goodies" you love) until you reach your normal weight. After that, the "5" Minute Figure Shaper exercise done twice daily will help keep you firm, slim, and shapely... and it can put an end to your "weight-loss-gain" cycles without any further reductions in food intake—no dieting!

IT'S COMPLETELY TESTED

It's Medically Tested, Fitness Expert tested... and they all agree: It's the safest, simplest figure shaping plan you can use to slim down and shape up your figure quickly. It follows the physical and physiological laws accepted by the medical and fitness professions in slimming, shaping, and helping to revitalize your figure. That's why we can make this broad no-nonsense guarantee...

OUR UNDENIABLE GUARANTEE

"You can stop dreaming NOW... with our '5' Minute Figure Shaper Plan! Use it for 14 days, and if you don't start to lose inches and pounds, improve your vitality, fitness, posture, work off body tensions, feel and look slimmer... to your satisfaction... return the Figure Shaper Plan for your $7.98 refund. No questions asked!"

SLIMMING RESULTS THAT STAY

After reaching your normal weight, one "5" minute exercise twice daily, at your convenience... without any further reduction of food or dieting, will help keep you slim and shapely. It can also help break your "weight-loss-gain" cycles for good.

STOP DREAMING AND DO IT NOW!

Use America's most successful figure slimming and shaping plan. Over 600,000 customers have chosen our "5" Minute Figure Shaper Plan to slim down fast. Results are proved. Some have lost as much as 15 pounds and 5 waistline inches in 14 days!

Of course, results vary, but we guarantee you will get the results you want if you follow our instructions, or your $7.98 will be refunded. Shouldn't you "wake-up" now and start to make your dreams of a beautiful figure come true?

How does a girl begin to look like this?



Give us 2 hours and 20 minutes to lose 5-12 pounds, and 2-4 waistline inches... and that's just the beginning!

The Figure Shaper Weighs 10 ounces. Fits any wallet size pocket or purse.

TM



Yes, I Want To Stop Dreaming.

I want to see real results. You promise that I will begin to see my figure shaping dreams come true in 14 days. Remember, I'm trying your scientifically tested and proved "5" Minute Figure Shaper Plan **at no risk.** If I'm not completely satisfied with the pounds and inches I've lost in 2 weeks, I will return the exerciser and booklet in good condition for my $7.98 refund.... no questions asked!

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I am enclosing $7.98 (plus $1.00 for shipping and handling) for your "5" Minute Figure Shaper and illustrated guide. California residents add 6% sales tax. Enclosed is ☐ Check ☐ Money Order (no C.O.D. accepted) for total of $.....
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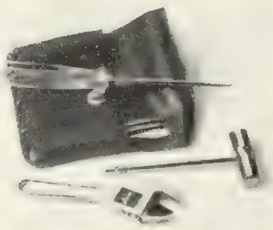
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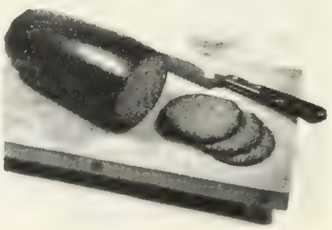
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Schnauzer design looks so real he almost barks. Kit to needlepoint has color design on 13-mesh mono canvas, Persian yarn, needle, instructions. 9" by 9" in black, gray, white on gold. $7.95 plus 60c post. The World of Stitch 'n Knit, HG625, Box 709, Framingham, MA 01701.



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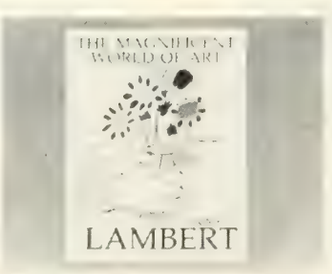
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Sexy? Romantic? Happy? Sad? Angry?...Whatever your mood!

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IT'S BRAND NEW! A FUN RING!

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Guaranteed to amaze and amuse you and your friends ...even strangers. It's an original Stewart Frost creation.



ONLY $9.95 EACH

• Stone is imported Austrian Crystal • Man's ring is a handsome, bold setting and the woman's ring is an exquisite Florentine setting • Both settings are Silver-Tone finish • Only $9.95 each including gift box.

• Both settings also available in 18K Heavy White Gold Electroplate for only $14.95 each. See special offer in order form below. All rings are beautifully gift boxed.

IS it any wonder the Passion Stone is taking America by storm. There's never been anything like it before. It's a beautiful, expensive looking piece of jewelry. It's a fascinating conversation piece. It's an ever-changing barometer of how you really feel.

Just think of your friends reactions when they see your ring change color. Imagine the response when you're with someone who brings out the best in you —and your ring turns a deep violet-blue!

Yes, for the first time ever, you can have a beautiful woman's ring, a handsome man's ring that will make your friends eyes light up when your Passion Stone reveals your innermost thoughts, tells the exact state of your mind.



A FUN RING IN THE BEDROOM, AT DINNER, THE OFFICE OR AT A PARTY!

Now you can test your loved one in the bedroom or your friends and aquaintances at an intimate dinner, at the office or a party. Just have them try on your Passion Stone ring (even if it doesn't fit). Watch their amazement and delight as the Passion Stone changes color in minutes, revealing their inner mood. Each deep seated inner feeling will be reflected by a change of color in your Passion Stone ring. You can be the life of any group or party . . . or if you prefer you can keep your Passion Stone Ring your own deep secret . . . your very own personal advisor of your true inner feelings.

HOW THE PASSION STONE'S LIVING COLORS WORK

Now, you're probably wondering how it works, how it's possible for a stone to be any of eight different colors, with each color an almost perfect reflection of your feelings?

Whatever your mood may be, happy or sad, gay or depressed, your body gives off an energy signal in the form of heat. The Passion Stone, a brilliant crystal, specially treated (with a rare secret ingredient) to be acutely sensitive to this energy. So in minutes, it changes from one color to another that they say corresponds almost exactly to the way you feel.

WHAT THE COLOR'S REVEAL

Each of the Passion Stone's eight vivid colors approximates the color of a natural gem — onyx, amber, topaz, jade, emerald, turquoise, lapis and sapphire. Based on Average temperature range of normal individuals, it's assumed that the color change will reveal the results of chart below

YOUR MOOD*	THE COLOR OF THE STONE	THE STONE THAT IT RESEMBLES
You're tense, undergoing mental strain, working too hard	Black	Onyx
You're upset, feeling anxious	Reddish-Brown	Amber
You're betwixt and between, unsettled	Golden Yellow	Topaz
You're feeling okay, active and involved	Light Green to Bright Green	Jade to Emerald
You're relaxed, feel fine	Blue Green	Turquoise
You're really at ease with good vibrations	Bright Blue	Lapis
You're at your best, satisfied and passionate	Violet Blue	Sapphire

*a chart with a full explanation of moods and colors accompanies your ring

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Not a cheap adjustable... but a fashionable ring sized just for you in beautiful silver tone finish.

COMPARES WITH ANY FINE JEWELRY

As you can see, the Passion Stone is more than a fascinating piece of jewelry, more than just the most unusual ring you've ever owned.

We believe it could actually be a guide to your enjoying a happier, richer, more satisfying life!

It's true, you see, that we often hide our innermost thoughts from ourselves. Lose touch with the way we really feel. But it's hard to hide your real feelings from the Passion Stone. So, the Passion Stone can put you in touch with your real feelings, give you valuable insights into your moods and the way your mind works. It may even reveal the people and things that turn you on or set you off.

SPECIAL LOW PRICE

Right now the Passion Stone rings are not available in any stores. For now, we just want as many people as possible to know about the Passion Stone so it will really be popular when it goes on sale in the stores. Therefore, because you're dealing direct, with no middleman, you can get a Passion Stone ring for far, far less than you would expect to pay in a fine department store. In fact, on this introductory offer, the cost for the lovely woman's ring, the bold and handsome man's ring, is an amazing low $9.95. That's right, at least $35 less than the department store price could be. And all we ask in return is that you tell your friends about your ring . . . show them the amazing way it changes color to reflect your real innermost feelings.

But, please, we must ask that you order right now. Quantities are definitely limited now and orders will be filled on a first-come, first-served basis. Fill in and return the coupon below . . . TODAY!

YOUR DOUBLE GUARANTEE

GUARANTEE #1: You must be absolutely delighted with your Passion Stone ring. Your friends, everyone you know must believe it's a fine piece of jewelry as well as a fascinating one or return it to us within 10 days for a refund.

GUARANTEE #2: Your Passion Stone must reveal your innermost feelings, put you in closer touch with the way you really feel than ever before or return your ring within 10 days for a complete refund or cancellation of all charges.

IF YOU DON'T KNOW YOUR RING SIZE:



1. Cut a narrow strip of paper about 3 inches long and ½ inch wide. 2. Wrap strip around the finger you want to wear the ring on. 3. Make a mark on the strip as in the illustration above. 4. Write your name on the strip and mail it with your order.

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☐ Man's Ring — Size . . . . ☐ Woman's Ring — Size . . . .

☐ Please send me the ring(s) in the sizes indicated for only $9.95 each in Silver Tone finish, plus $.75 for postage and handling.

☐ Please send me the ring(s) in the sizes indicated for only $14.95 each in 18K Heavy White Gold Electroplate, plus $.75 for postage and handling. SPECIAL: ORDER 2 FOR ONLY $24.90. YOU SAVE $5.75. *(New York Residents add sales tax.)*

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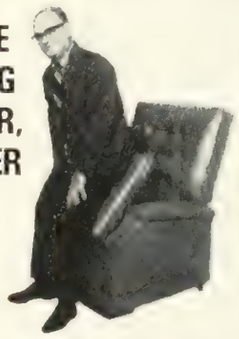
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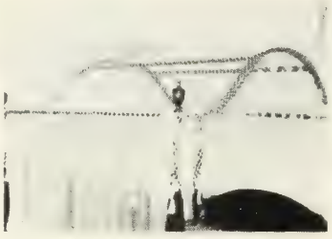
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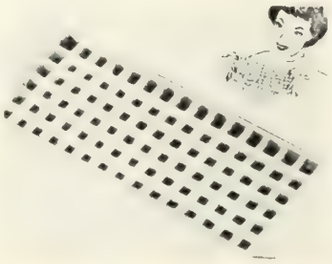
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Classic spindleback scaled for today's homes but built in the time-honored way for graceful strength. Seasoned light antique oak. Handwoven 14" by 17" rush seat. 39½" h. $35. Unfinished, $32. Exp. coll. Free catalogue. The Chair Factory, HG12, Box 1183, Decatur, GA 30031.



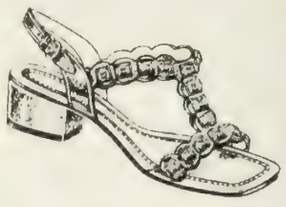
HAND-TIED CANOPY

Authentic copy of an antique in natural cream or white thread. To measure, include dimensions of canopy frame; if curved, measure along curve. Double bed, $85 plus $2 post. Other sizes to order. Catalogue, 50c. Laura G. Copenhaver, Inc., HG12, Box 149, Marion, VA 24354.



IT'S COOL

Miniature ice cubes are ideal for speedy chilling of drinks, salads and sea foods. A simple twist of the plastic tray and 90 little cubes of crushed-ice size pop right out. $1.29 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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Multicolor "gems." Cushioned insoles, adjustable backs. White, black, gold, silver; pink, blue, yellow, green pastels (specify alternate colors). N 5½-12; M 4-12; W 5-12. (No half sizes over 10.) $11.99 plus 75c post. Morgan's Cove, HG125, 28 W. Prospect, East Brunswick, NJ 08816.



TWO IN ONE

Lightweight tree ornaments from West Germany: open one to reveal another; open *it* to reveal the candy or gifts you've filled it with. Surprise! 3¼" dia. Nested set of two, $2.98 plus 40c post. Lillian Vernon, GDE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



OPTIC OPERA AIDS

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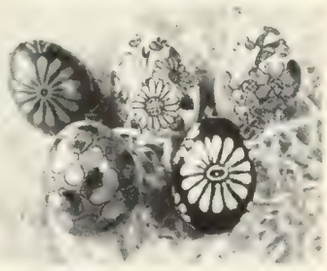
CLASSIC GINGHAM

Woven ¼" no-iron checks: white with red, blue, lime, yellow, brown. 76" w. pr. 3" ruffle. 24", 30", 36" $6.50; 45", 54", 63", 72" $10; shirred 10" by 54" valance $3.75; tiebacks, pr. $1. Add $1.75 post. Free brochure. Old Colony Curtains, G5DGE, Box 759, Westfield, NJ 07090.



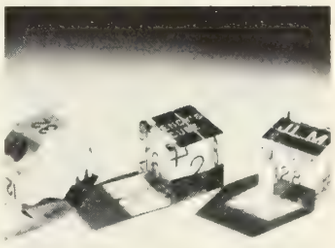
EGGSHELL SET

Original flower designs are on real eggshells, all colorfully hand-painted by Czechoslovakia artists. They make distinctive decorations, are punctured at ends to insert string for tree hanging. Set of five $4.45 ppd. Old Mexico Shop, HG12, Patio 2, Santa Fe, NM 87501.



BACKGAMMON BONUS

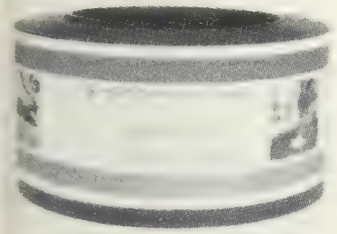
Personalized Lucite doubling cubes. Monogram or name engraved on side, painted numbers. Cubes 2-64 or 128-4096. 2" cubes, $16.95 ea., both, $30; 2½" cube, $19.95 ea., both $35; 3" octagon, $19.50. Ppd. Dorchester Gift Shop, HG125, 507 Fifth Ave., N.Y., NY 10017.



TWISTY KEY RING

Gold-finished aircraft cable key ring holds 25 keys and can withstand a pull of 150 pounds. No links to loosen, no chain to break. Its intriguing twist-lock opens easily, stays closed otherwise. $1.69 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.





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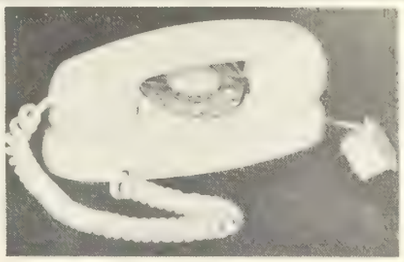
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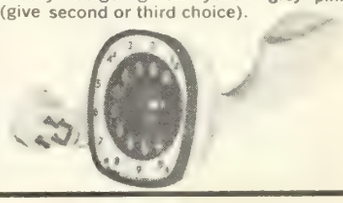
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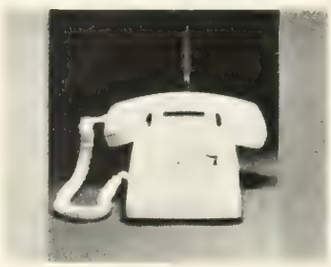
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Walt Disney's delightful friends, including Mickey Mouse, Donald Duck and Pluto are now on an ornament to delight the family. Brightly colored, it matches 1975 Christmas plate. 3¼" dia. in box. $4 plus 50c post. Edd, the Florist, Inc., HG125, 823 N. Court, Ottumwa, IA 52501.



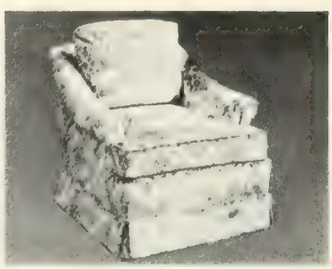
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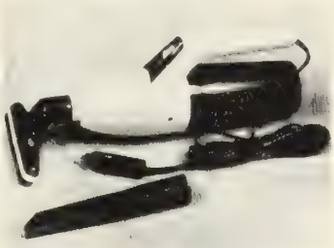
Old-fashioned pocket watch becomes wall clock. A Howard Miller creation, 9¾" dia., 12¼" h., 2¼" d. Brown Milwood case, antique white dial, solid brass ring. European movement. One flashlight battery (incl.). $32.50 ppd. Silver Associates, HG12, Box 81, Oakland Gardens, NY 11364.

BATIK PAIR



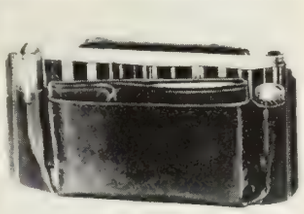
Make-your-own-handbag kit: precut fabrics for bag and lining, polyester for quilting, two 10" dowels and four wood balls, illustrated instructions. 14" by 15". $8.95 plus $1 post. Scarf ready to hem $1.95. Phoebe, Dept. HG125, 135 Soundview Dr., Lake Success, NY 11020.

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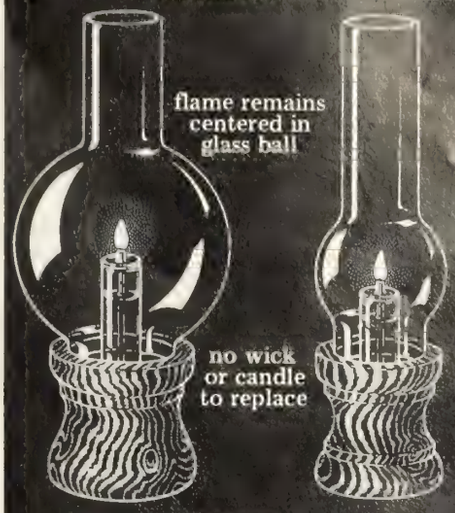
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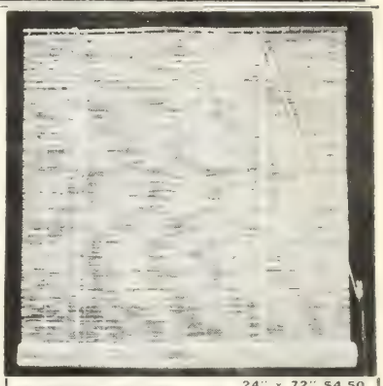
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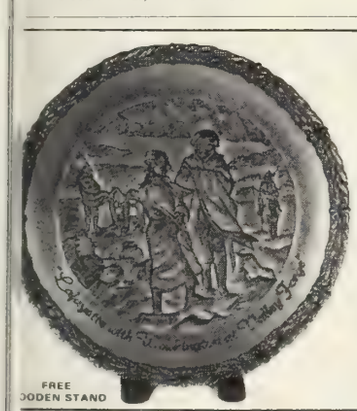
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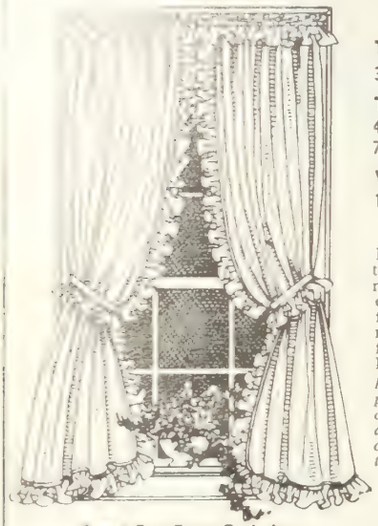
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WHIMSICAL DELIGHT

Charming blend of two American institutions: Snoopy of Peanuts fame snoozes atop Liberty Bell. Porcelain plate has red stripes and bright stars on a blue ground. 7" dia. $13 ppd. Free collector's newsletter. Little Elegance, HG12, Box 831, Saddle Brook, NJ 07662.



ONE IF BY LAND

Like the colonial look? Lantern that captures the spirit of Paul Revere's ride and Tea Party times is handcrafted in solid brass. 22" h., 6½" w.; extends 6" from wall. May be used indoors or out. $85 exp. coll. Color catalogue, $1. The Lamp Crafters, HG12, Box 501, Lawrenceville, GA 30245.



BIRD SONG

A musical perch for small pets adjusts to bird's weight which triggers Swiss-movement music box for a pretty melody, shuts itself off. In 1½" by 3½" by 3¾" sturdy plastic house. $7.98 plus 50c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



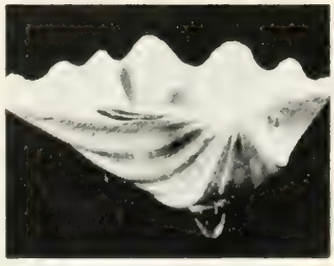
LOVABLE YORKIE

Ready for you to needlepoint in shades of honey beige, silver and brown, with red and gold flowers on white background. Fin. size 10"x10". Full color 12 mono canvas, Persian wool, needle. $7.50 plus 75c post. Roselle Needlecraft, 1008 Fifth Street, HG12, Santa Monica, CA 90403.



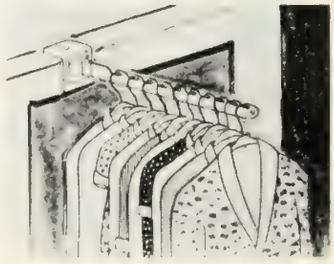
NAVAJO BEAUTY

Bold Indian symbols reproduced. Woven of cotton yarns. Earth-tones on ivory. 3' by 5', $34.95; 4' by 6', $49.95; 6' by 9', $89.95; 9' by 12', $169.95; 8' runner, $44.95; 11', $54.95. Ppd. Catalogue, $1. Peerless Imported Rugs, GE125, 3028 N. Lincoln Ave., Chicago, IL 60657.



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Natural white clam shell is a bright choice for dips or an individual salad. Man-made feet steadies it. Small, 6 to 7", $4.95; med., 7 to 8", $6.95; lge., 8 to 10", $8.95; add $1 each post. All 3, $15.85 plus $2 post. The Shell Divers, HG12, 5713 NW 65th, Way-Tamarac, FL 33319.



INSTANT CLOSET

Any door becomes extra storage space with over-the-door clothes hanger with room for 12 hangers. Heavy-duty chromed steel, fits any door; still lets it open and close. $2.98 plus 65c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

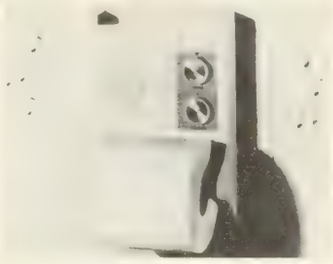
INDIAN NECKLACE

American Indian jewelry seems so right to wear in the Bicentennial year. 24" l. rolled olive shell heishi is punctuated by hand carved mother-of-pearl "birds" to catch light and shadows. Accent for any outfit. $29 ppd. Colby's, HG125, 49 Mt. Rainier Dr., San Rafael, CA 94903.



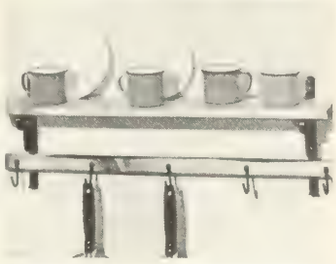
NEW DUET

Listen to your favorite program in privacy while you shower or shave. Compact AM transistor radio; complete with a standard 9 volt battery. 6½" by 9". Tissue holder included. $12.98 plus $1 post each. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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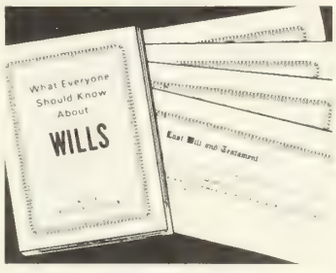
RESCUE—POCKET SIZE

Stainless steel screwdriver is only two inches long, fits on your key chain. Its many uses include fixing cigarette lighters, small motors, lawn mowers, radios and TV. Three initials engraved at no extra charge. $5 each pdd. Elgin Engraving Co., HG12, 944 Edwards Ave., Dundee, IL 60118.



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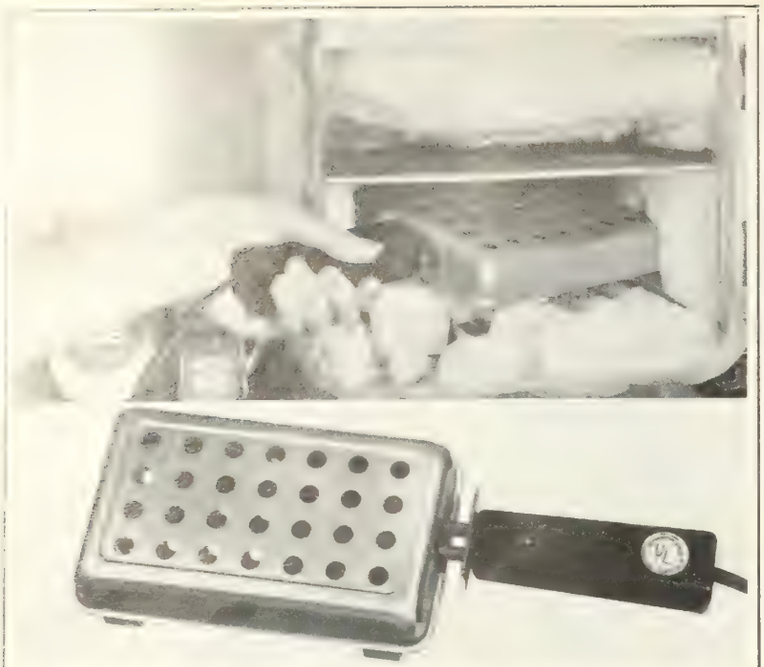
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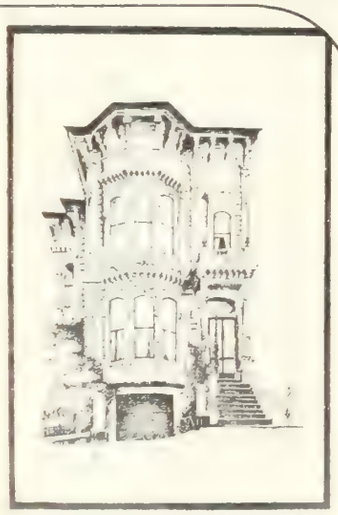
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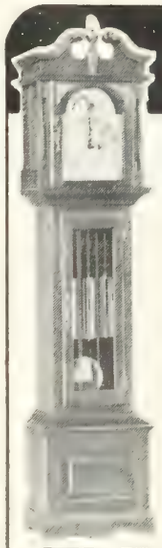
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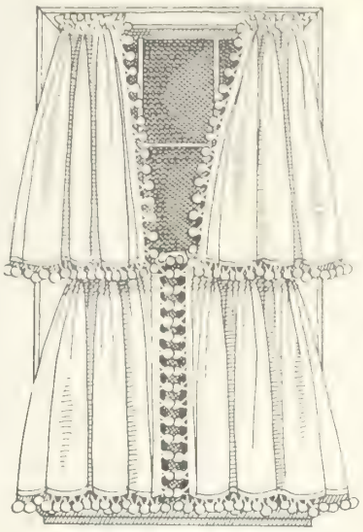
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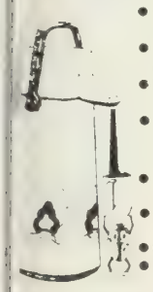
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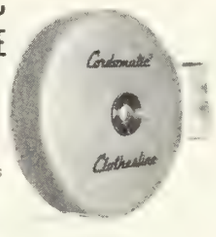
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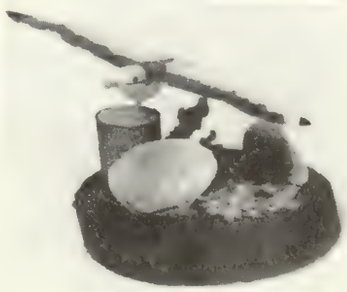
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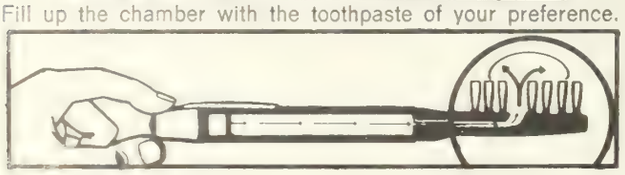
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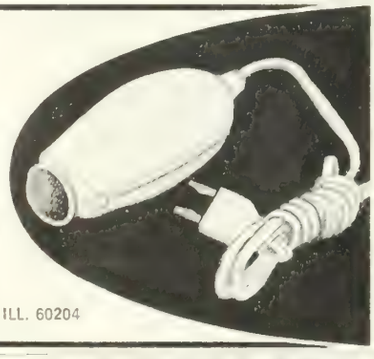
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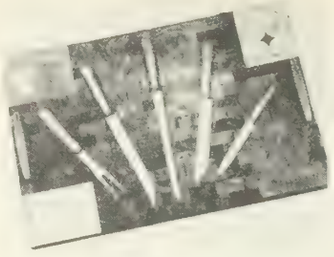


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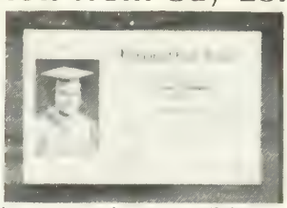
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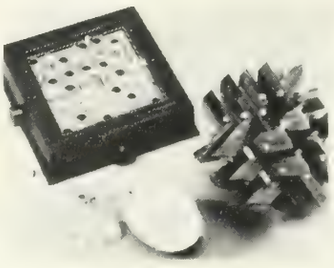
SANTA ON CHINA

There he is, jolly old Nick on Gorham's 1975 collector's edition. Norman Rockwell did the original Saturday Evening Post cover "Good Deeds" in 1924. Gold rim on 8½" cream china plate, pastel design. $17.50 ppd. Albatross Antiques, Box 597-H12, Oxford, NY 13830.



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Do you find the eyes of needles growing smaller? Needle threader consists of a plastic funnel into which the needle is dropped, spindle to transfer thread to needle, blade to cut thread. $1.59 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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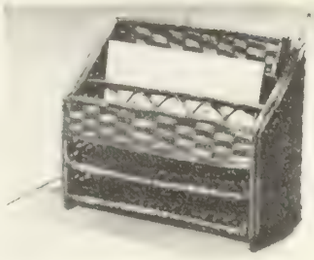
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Now you see it, now you don't—"blank" watch shows the hour and minutes in red only when button is pushed. L.E.D. (Light Emitting Diode) watch is textured gold plate with black suede strap; styled for women. $75 ppd. JFF Ideas, HG12, 12 Dale Rd., Monsey, NY 10952.



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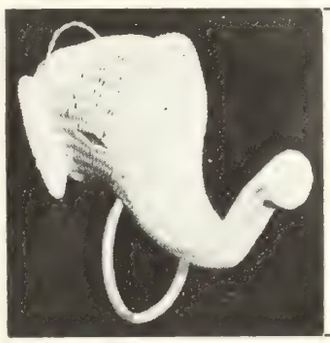
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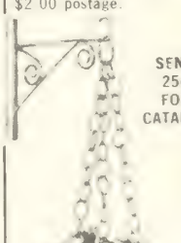
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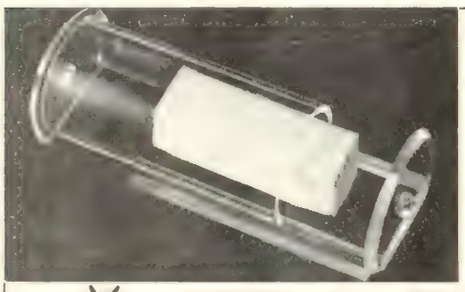
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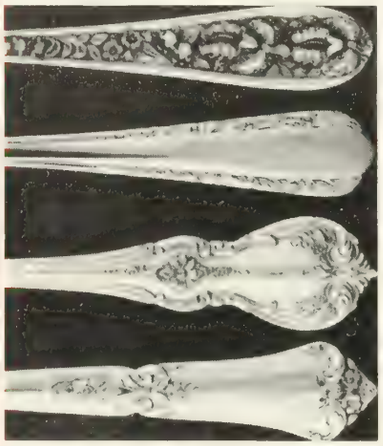
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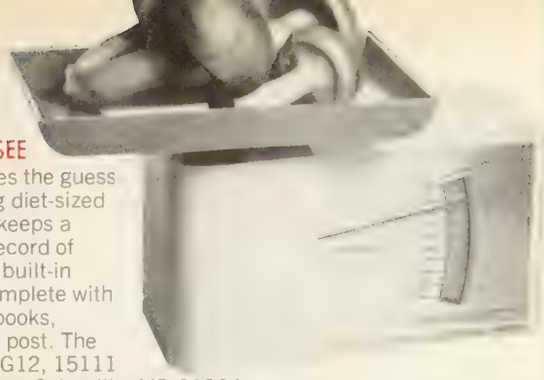
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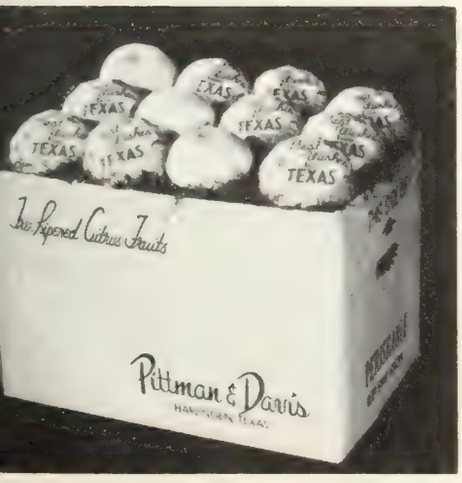
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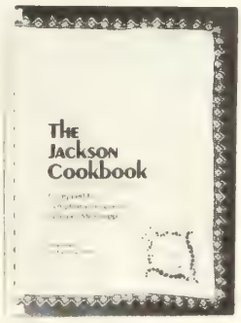
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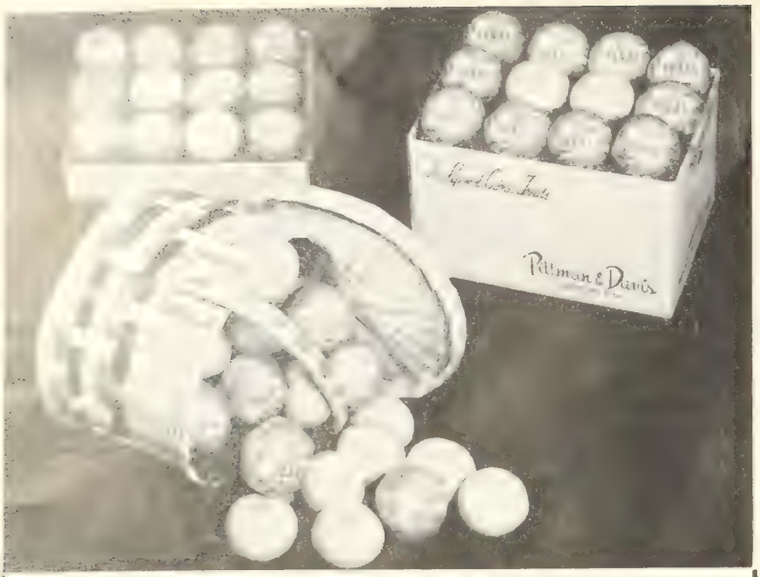
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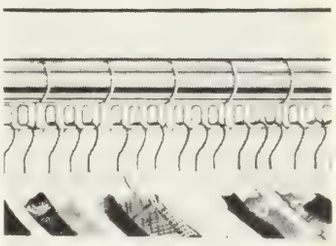
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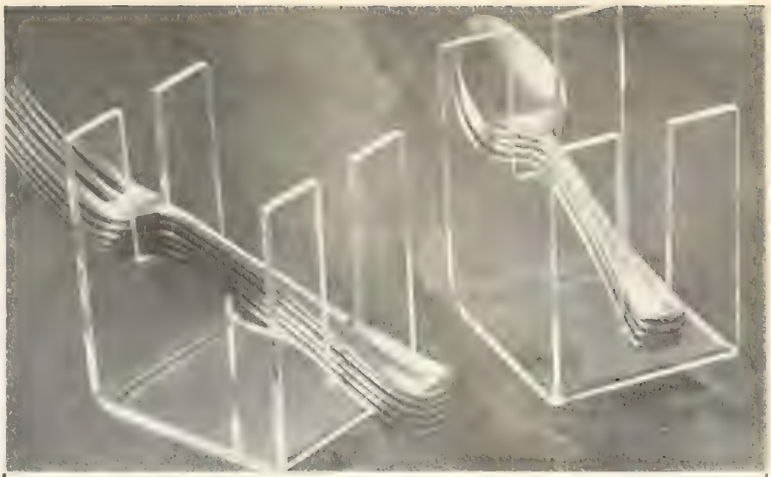
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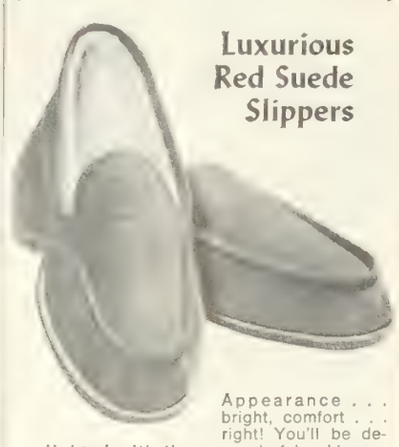
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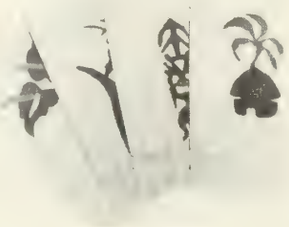
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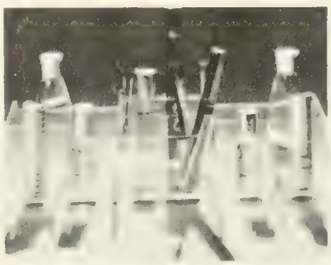
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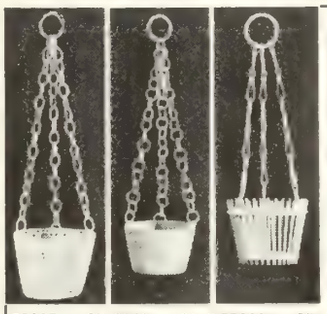
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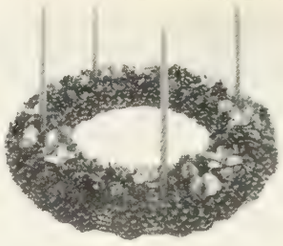


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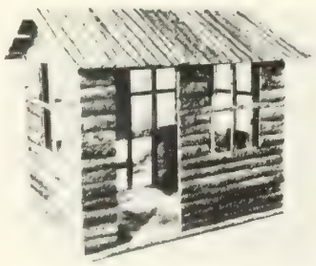
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Colorful butterflies and flowers make up a Jacobean design for cheerful crewel work. Kit includes silk-screened design on Belgian linen, Persian yarn, needle, instructions. 13" by 13". $8 plus $1 post. Shariane Designs, Inc., HG12, P.O. Box 289, Pine Lake, GA 30072.



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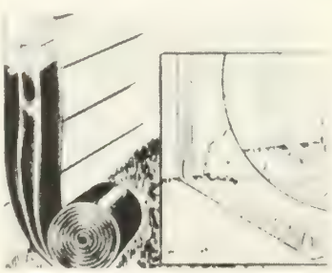
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Sturdy log cabin of cedar wood may be used as a playhouse, poolside cabana, utility shed, in any weather. Assembles from six sections. 4' by 5' by 5½' $52.95; 5' by 7' by 6½' $94.95; with door and shutters $142.95. F.O.B. Cedar Products, HG12, Box 84, No. Baldwin, NY 11510.



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A most unusual and decorative oak table, a true conversation piece. Ideal as lamp table, or to hold glasses and ashtrays. Four trays pullout, can stay in. 17" h. by 15" w. by 15" d. $84.95 exp. coll. Catalogue $1. Bryan Robeson, HG-146, Route 10, Box 793, Hickory, NC 28601.



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GLOWING GARDEN

Lovely picture lamp of frosted glass is decorated with ferns, flowers and butterflies. Has inner candle cup, and lighted candle creates dancing images in flickering color. 5" high. $3.95 plus 90c post. Artisan Galleries, HG12, 2100 No. Haskell Ave., Dallas, TX 75204.

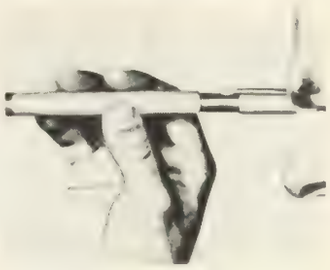
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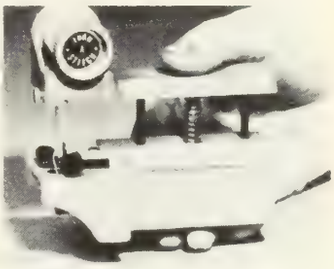
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"Francois" chair looks like it came from a French country manor. Nu-cane seat is in sanded oak wood frame for handsome good looks. Chair is 35" h.; seat is 17½" x 14". A splendid side chair! $13.95 exp. charges coll. Marion Travis, HG12, Box 292, Statesville, NC 28677.



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The most practical Key Holder yet devised. Reel-ly handy holder works with ease. Eliminates hunting and fumbling for your keys. Reel clips inside purse. Keys pull out easily to be used and then automatically rewind back into case. Wonderful way to stop losing your keys.

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YES, MY BODY NEEDS AN UPLIFT... NOW!

Please rush me the PORTA-YOGA for $39.95 (Plus $3 shpg & hdlg. Calif. res. add 6% tax)
My Color Choice: White Gold

Enclosed is my check or money order for $ _____

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TALKING TOILET

Hide this small unit on any toilet, when guest sits down on the toilet seat, a man's voice says "Hey! I'm working down here . . . ha! ha!, etc." Watch your guests leap for laughs. A great icebreaker for any party. Operates on 1 penlight battery (not included).

TALKING TOILET . . . . . $7.98 + 60¢ Mailing Each

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I KNOW YOU BELIEVE YOU
UNDERSTAND WHAT YOU THINK
I SAID, BUT I AM NOT SURE YOU
REALIZE THAT WHAT YOU HEARD
IS NOT WHAT I MEANT. ©

COMMUNICATION GAP!

How's that again? A wall plaque which will rivet every eye. Makes a perfect gift and is guaranteed to improve the communication gap. Black letters on golden plate, solid walnut, with hook for hanging. 4" x 5".

COMMUNICATION GAP PLAQUE . $2.98 + 25¢ Mailing Each

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SHOPPING AROUND



KING SIZE HOLDER

Now you can keep your largest size bedspread, blankets and linens in neat order on a sturdy, brass-plated holder 31" w. by 43½" h. Classically styled. $54.95. Regular size bedspread holder 26" w. by 36" h. $39.95 Ppd. St. Nicholas Boutiques, Santa Claus, IN 47579.



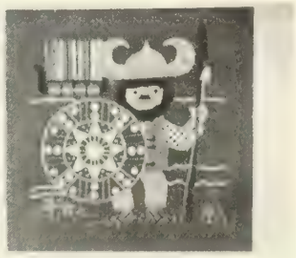
TIPS FOR GARDENERS

"201 Valuable Free Things for People Who Love Gardening" is a 48-page booklet from American Garden Guild. Includes descriptions of catalogues and gardening fact sheets for fall planting. 25c post. Free Things, c/o American Garden Guild, Dept. HE001, Garden City, NY 11530.



RUFFLES AND FLOURISHES

No-iron Cape Cod curtains in polyester and cotton have cheerful 3" ruffle; tiebacks. Choose pastel pink, blue, yellow or white. 24", 30" or 36" l., $8; 45", 54" or 63" l., $12. Valance, $4.50. Add $1.50 post. Colonial Maid Curtains, HG12, Lawn Terrace, Mamaroneck Village, NY 10543.



SWEDISH CHARM

Imported picture to embroider in basic stitches on electric blue linen ground. Yarns: gold, orange, white and browns. Kit has full instructions, mounting board. 13¾" by 13¾". #0372. $19.75 plus $1 post. Catalogue $1. Skon, GE12, 55 Lambert La., New Rochelle, NY 10804.



STAIR-GLIDE

Stair glide is perfect for all who can't or shouldn't climb stairs. It is easily installed without marring walls and special wiring is not required. Special rental-purchase program available. Write for information to American Stair-Glide, Dept. EHG12, 4001 E. 138 St., Grandview, MO 64030.



ENLIGHTENING PEN

By daylight, a nifty ballpoint—but whisk it into darkness and it shines! Chrome-plated satin finish pen comes with penlite battery and refill. Great for jotting middle-of-the-night brainstorms. $5.98 plus 40c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



XMAS REFLECTIONS

Mirror fantasies reflect the glories of the holiday at Yuletide. Framed in glinty gold color 3" tall to hang on tree, from mantel or use on the festive table. Set of three, $5.98; two sets, $9.98. Add 35c per set post. Lillian Vernon, GDE, 510 S. Fulton, Mt. Vernon, NY 10550.

SHOPPING AROUND

FESTIVE SET

Enjoy the holiday tradition of Christmas cookies with family and friends. A charming set of cookie cutters has five lovely designs in stainless metal for making all the favorite shapes. Set $3.49 plus 95c post. Carol Ann Gifts, HG-3075M, Box 21026, Philadelphia, PA 19154.



IT'S LUCKY

Wear a handsome sterling silver horseshoe necklace for many compliments. An attractive accessory to perk-up most everything you wear. Horseshoe and 24" chain, $20 ppd. Free Brochure. TAL Creations, Dept. HG 12, P.O. Box 1028, FDR Station, N.Y., NY 10022.



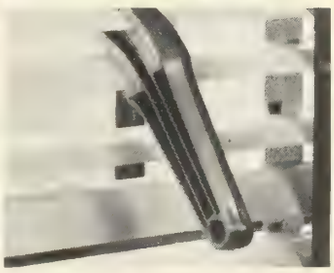
SPECIAL SPECS

Flip-up magnifying specs that make eye make-up blunders obsolete. No more squinting into mirrors! Specs come in their own plastic case complete with adjusting screwdriver. One size fits all. $6.95 plus 50c post. Herman Optical, HG125, 164 Clymer St., Brooklyn, NY 11211.



KEEP IT CLEAN

Keep your Venetian blinds free of dirt with this efficient little tool. Double-duty design does two slats at a time on both sides. Dip in suds and foam pads do the cleaning with one wipe. $1.98 plus 35c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



ONE PERFECT ROSE

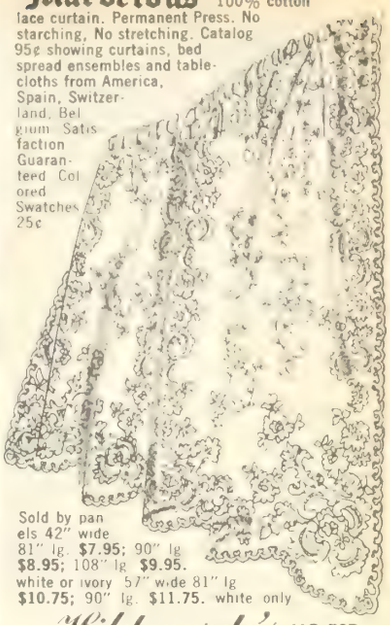
A lovely Christmas rose pin is made of lustrous golden metal, enameled red petals and green leaves. It's 2⅞" long, and has a safety clasp on back. Golden gift box, complete with Legend of the Christmas Rose. $3 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.





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MAGIC SUSPENSION UPLIFT—PERFECTLY BARE BACK
"SOFT AS SILK"
No straps, bones or wires. Unbelievable—until you try it.
Colors: Nude, White or Black Silk.
Specify Bra Size **$9.95**
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'Marvelous' 100% cotton lace curtain. Permanent Press. No starching, No stretching. Catalog 95¢ showing curtains, bed spread ensembles and tablecloths from America, Spain, Switzerland, Belgium Satisfaction Guaranteed Colored Swatches 25c



Sold by panels 42" wide 81" lg. $7.95; 90" lg $8.95; 108" lg $9.95. white or ivory 57" wide 81" lg $10.75; 90" lg. $11.75. white only

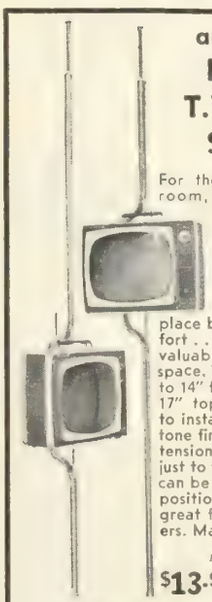
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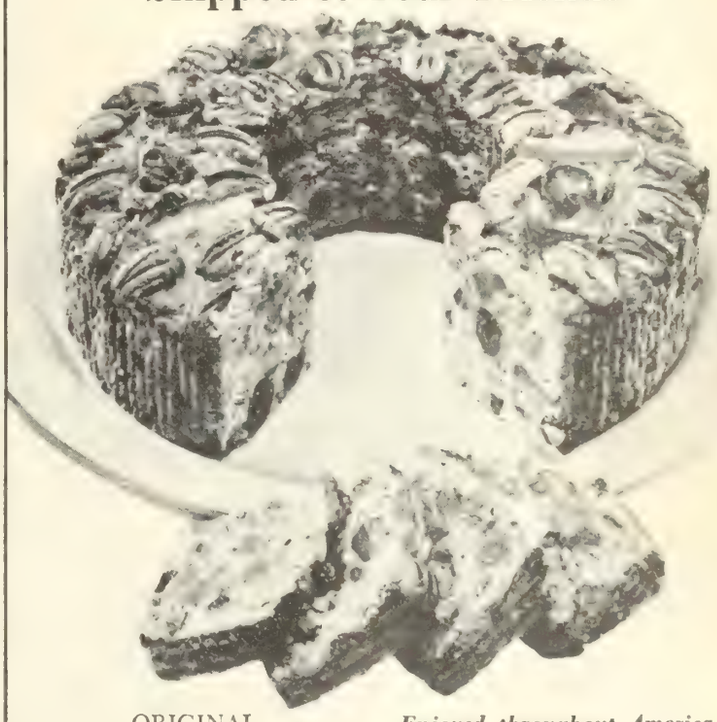


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For the bedroom, living room, kitchen, family room, porch . . . no matter where you're viewing this smart new T.V. Pole Stand holds your portable at the level and place best suited for comfort . . . without taking up valuable floor or tabletop space. Takes any width, up to 14" front to back, up to 17" top to bottom. Easy to install and move, brass tone finish pole has spring tension rod at top to adjust to your ceiling height, can be set up in Hi or Low position. Hi position is great for reclining watchers. Made in USA.

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ORDER NOW . . . SEND GIFT LIST AND CHECK OR MONEY ORDER. Holiday-packed, cake's colorful history enclosed. Tell us how to sign gift cards. Postpaid: 2-lb., $5.95; 3-lb., $8.35; 5-lb., $13.45. Discount on 25 cakes or more.

workbench

The Danish Officers' Chair.



Feel at ease in our imported folding chair and stool of solid blond beech with natural canvas back and seat. What's more, the chair back tilts for maximum comfort and the 17" seat height makes it perfect for desk or dining. Add $2.50 U.P.S. delivery for each chair, $1.00 for each stool. Add applicable sales tax. Send $1.00 for new poster/catalog.

WORKBENCH
Dept. HG-12C, 470 Park Ave. South, New York 10016.



MAKE A LOG

Change old newspapers to logs for the fire in seconds! Just roll up newspapers using LOG ROLLER. Roll papers into a tight bundle, tie them with special binders and pop them into the fire. Logs will burn nearly 2 hours.

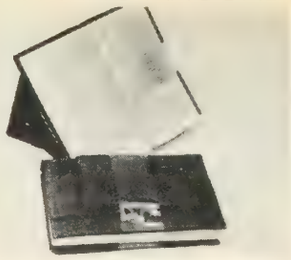
LOG ROLLER KIT with 112 Binders ..... $3.98 + 55¢ Mailing Each
100 Extra Binders ..... $1.49 + 20¢ Mailing Each 100

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Satisfaction Guaranteed or Your Money Back

Anthony Enterprises Dept. HG-125
556 Mission, San Francisco, Calif. 94105

SHOPPING AROUND



PAPERBACK COVER-UP

Book stand with built-in easel and book mark protects paperbacks, holds them open flat with clear plastic strap. Leather-like vinyl in ruby red, rich brown or denim blue. $4.95 plus 50c post. Two, $9.50. Leona Enterprises, HG125, 507 Fifth Ave., New York, NY 10017.



MUM'S THE WORD

Playful youngsters—chatty teenagers—are discouraged from unsupervised use of the phone when it's under lock and key. Telephone lock is metal for sturdy protection. Two keys. $1.98 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



PLANTER LAMP

Polished aluminum planter 12" in dia. has a shade in red, green, yellow, black or white also polished aluminum. 24" overall, 18' swag chain. Your plants adapt well to electric "sunlight." $34.99 plus $2 post. Marter Lighting, HG12, 1362 Flatbush Ave., Brooklyn, NY 11210.



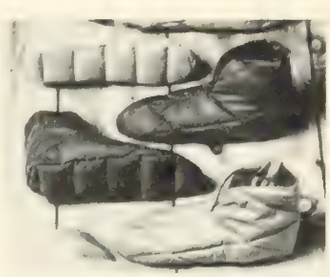
DANISH DELIGHT

Down and feather comforters that won't slip can be used all year long. Moth-proofed, washable. Covered in prints or solids in high count cambric cotton. Twin, full, queen or king. Five year guarantee. Free catalogue. New England Feather Co., HG12, Box 929, Darien, CT 06820.



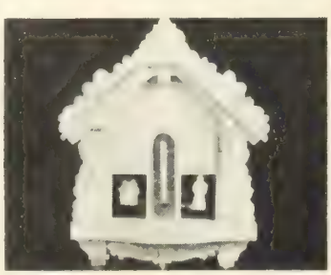
CAT AND MOUSE

Now he sees it, now he doesn't—that intelligent cat you know will love playing "mouse in the hole." The mouse is an elusive ball that will entertain him for hours. Blue plastic; 6" dia., 3" h. $3.95 ppd. Catalogue, 25c. Suburbia, Inc., Dept 301, 366 Wacouta, St. Paul, MN 55101.



WARMER-UPPERS

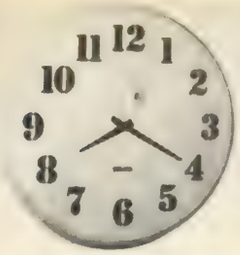
Cold-feet insurance: have full coverage in fluffy goose down quilted in nylon taffeta. Pad about in them, wear as bed socks. Powder blue, red. Men's, women's shoe sizes (specify). $9.95 ppd. Free catalogue. Eddie Bauer, Dept. CH2, 1737 Airport Way So., Seattle, WA 98134.



WEATHER WISE

When fair weather is in store the children come out, for rain or snow it's the old witch. The chalet they live in is of marble-look plastic. Thermometer, too. 5¾" by 4½" by 1½". $1.98 plus 25c post. Order #142. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

NATURAL TIME



Clock marks the passing of the hours on the ageless look of unstained wood. Butcher block base is almost 2" thick, 12" dia. Cordless electric clock has black numerals and hands. $44.95 ppd. Add $2.50 W. of Rockies. Jenifer House, Dept. HG125, Great Barrington, MA 01230.

AMERICANA ART



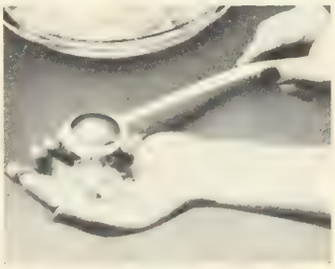
Musical eagle is made of porcelain, all hand painted in radiant true-to-life colors. He plays the "Star Spangled Banner." Unique gift idea! In our country's Bicentennial year. 5¼" h. $14 plus $1 post. Hildegarde's, HG12, 597 Farmington Ave., Hartford, CT 06105.

SPIRITS OF '76



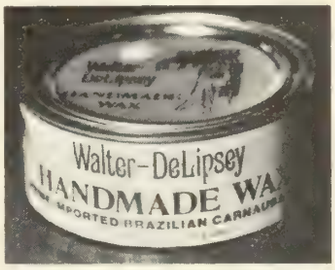
Handcut designs embossed in rainbow golden glass make a Bicentennial decanter a memento to treasure. 7⅞" h. Spirit of '76 on one side; Bicentennial symbols on the other. Red, white and blue gift box. $9.95 plus $1.80 post. Stratford House, HG-12, Box 591, Stratford, CT 06497.

ICE BREAKER



Here's a time-saving, easy-to-work gadget you'll find indispensable. One or two light taps and ice for mists, juleps, shrimp or seafood cocktails is crushed in a trice. Great gift idea. $1.98 plus 25c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

LONG-LASTING WAX



Handmade furniture wax from ingredients imported from Brazil produces an extremely long lasting hard finish to treasured wood pieces. Wax eliminates the need for repeated waxings. Eight oz. can, $3.50 plus 25c post. Walter DeLipsey, HG12, 2615 South St., Dallas, TX 75201.

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- ALL WOOD CABINET
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- PRECISION 31-DAY MOVEMENT
- IT'S A BIG 29" TALL
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Now, imagine this beautifully handcrafted giant chime clock hanging in your living room, family room, dining room, or even your office. It will become a conversation piece every time your friends walk in. The handrubbed walnut finish will enhance any decor. You key-wind it only once-a-month. The chime strikes exact time every hour, and once on half-hours. You must be completely satisfied with this masterpiece of craftsmanship, or you may return it in its original package to us within 2 weeks for a prompt and courteous refund.

SIZE: 12" x 29" x 5"

ORDER YOUR CLOCK TODAY!

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Signature_____ Card expires _____

Print Name_____

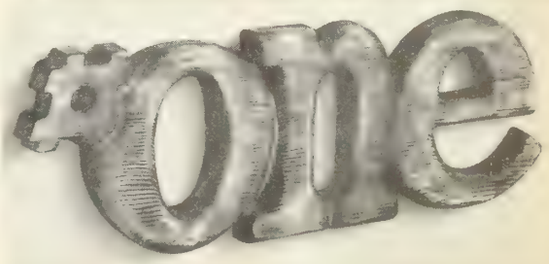
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HG-12

ONE FOR FUN! $3.98

For his wall, to say he's the greatest! Or for your own—self-esteem's healthy! Clever new carving, smart burnt-grain look on natural kiln-dried wood. Ours alone! About 14 x 4¾".

#8913 Plaque $3.98



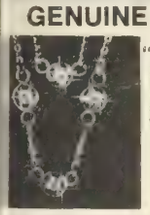
LILLIAN VERNON *Add 75¢ postage & handling. N.Y. res. add taxes*
Dept. GD7, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550

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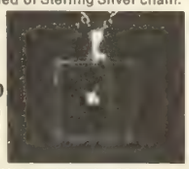
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GENUINE DIAMONDS



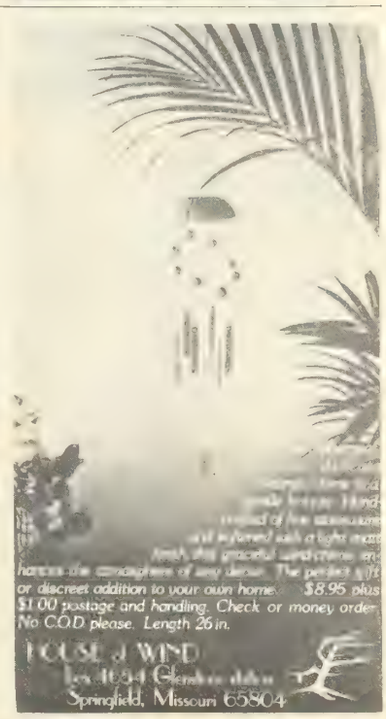
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Rush my beautifully gift boxed jewelry PPd.
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Hand woven STRAW BASKET, sturdily built, is 7½" high, 8" diam. and hangs from 14" woven chains.

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SPECIAL: Set of 3, $8.95 postpaid.

Elizabeth Mc Caffrey
Dept. HG-12
Northport, New York 11768

THE EMOTION RING



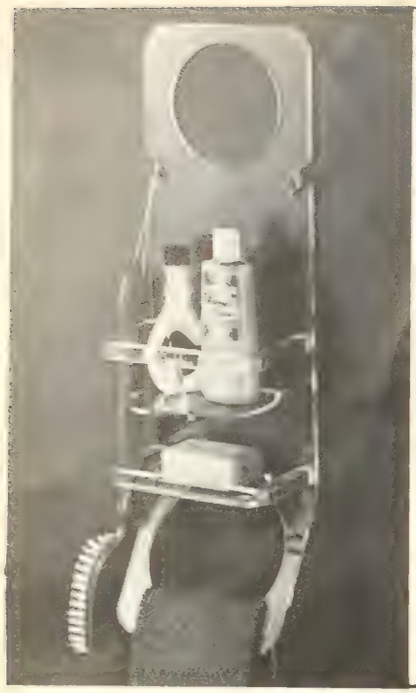
Changes color as your emotions change!

Reveal your innermost feelings with this amazing jewel discovery! Exotic stone is mounted in a beautiful heavyweight setting. It's a unisex ring, a rare gift for yourself or one you care for. Sizes 5,6,7,8 in gold or silver finish.

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HEIRLOOM GRANDFATHER CLOCK



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Write now for FREE Color Catalogue of complete line of Grandfather and other clocks.

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BROWNSTONE STUDIO



HAVE ROBE, WILL TRAVEL

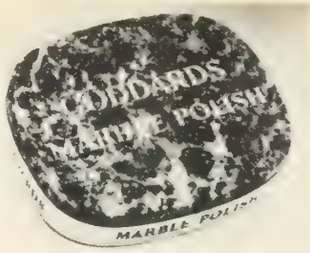
The perfect packable—a just-to-the-knee kimono by Royal. Perkily polka-dotted cotton seersucker. Raglan sleeves, all-around banding, self sash, side seam pockets. Comes in its own travelling case that's plastic lined. Wonderful to have or to give. Washable. Shocking pink/white; leaf green/white. P(6-8), S(10), M(12-14), L(16-18). $18.

"UPSTAIRS"
the Brownstone Boutique on the 22nd floor at 342 Madison Avenue, Dept. G12, New York, N.Y. 10017
(212) 687-0190

If you prefer shopping from home, write or call for our
FREE HOLIDAY BROCHURE

Add $1.00 for handling. N.Y. State residents add sales tax. Check, M.O., American Express, BankAmericard or Master Charge.

SHOPPING AROUND



UNIQUE MARBLE WAX

Formula containing canauba wax from Brazil and silicones gives a hard protective finish to marble and slate surfaces of objects and furniture. Developed by Goddards in England, it is in a 4½ oz. tin. $2.50; 2, $4.75 plus 25c post. Downs, Dept. 1412-Z, Evanston, IL 60204.



WORKING TELEPHONE

Pay station models were in use. Taken off line, they're rebuilt as regular phones. Money goes from coin slots on to savings box, helps pay for extra calls. Finished black or green. $125 plus $20 post. Catalogue 50c. Grand Com Inc., HG12, 324 Fifth Ave., New York, NY 10001.



SHUT EYE

Sleep is king night or day that you don the mask: shuts out any flicker of light that could disturb the psyche, the body's rest. Fabric and elastic band's so constructed that it fits any cranium. $2.98 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



HOOPS, MY DEAR

The favorite earring is the classic hoop. These have the look of pierced ear earrings, but slip on. Solid gold in ¾" dia., $34.50; 1", $44.50; 1¼", $54; 1½", $72.50; intermediate, larger sizes. Ppd. Free brochure. Mildred Heyman, HG12, 33-45 92nd St., Jackson Hgts., NY 11372.



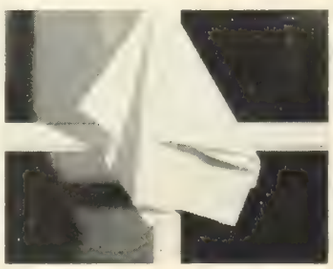
STRAW VOTE

A wicker basket, needlepointed monogram. Kit includes 10½" x 6" x 5½" basket, wool, instructions, canvas, monogram chart, velvet ribbon in rose, blue, red, black, green or gold. Open basket, $4.95; lidded $6.95. Add 50c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



OPEN SHELF STORAGE

Store china conveniently and in full view with vinyl cushioned metal caddy 9" high and 11½" across. Caddy holds 40 pieces saving cupboard space, and it prevents chipping and breakage. $3.98 plus 75c post. Holiday Gifts, Inc., 312-G, Wheat Ridge, CO 80033.



WINDOW WONDER

Chemically-treated glass cleaning cloth makes windows shine—a "dry-cleaning" way! Washable cloth works its zip-clean wonders on car windshields, mirrors, too. $1.49 plus 15c post. Order from Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

SHINE ON

Hand-polished silvery star to lend a bright accent to casual outfits or dressy fashions. In silver-finish metal, it comes on a 24-inch swedge chain with barrel clasp. $7.50 ppd. Send 25c for catalogue of jewelry. Bonnie Sue Gifts, Dept. 75, Box 253, Oceanside, NY 11572.



INSTANT CHANGE

Fumble-free coin purse to let you see at a glance what your holdings are. Pennies, nickels, dimes and quarters go into the slots. Slide-in pocket. Black vinyl zippered case. $1.98 plus 20c post. Order #531. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



PLUG-IN ALARM

Unique home device sounds buzzer at 135 degrees F. To be alerted in case of fire, use several for different floors. No battery needed; can be checked continually. Each $12.95; three, $35. Ppd. Levco Tech, Inc., HG12, 18 Interlaken Dr., Eastchester, NY 10709.



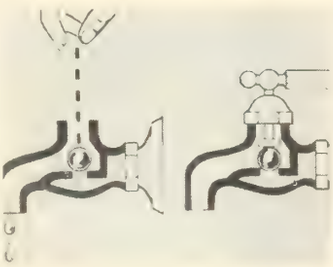
DOUBLE EXPOSURE

Multiply the fun of taking pictures: get two 8" x 10" enlargements from one small print. Send color photo (it's returned intact) for two vivid enlargements. $2.49. For two enlargements from negative, $2.99. Ppd. American Studios, Dept. HO-12, La Crosse, WI 54601.



FAUCET FIXER

Annoying drip, drip, drip of a faucet is stopped easily with a neoprene ball that just drops into the fixture after removing old washer. Sealer stays put against grease, oil. $1.29 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



COUNTERFEIT ANTIQUE

Hand-wrought, electrified copper lantern. 13" by 5¼". Reproduced from a 1720 original in the Gettysburg collection, it has that primitive look achieved by hand soldering and rubbing. $39.50 ppd. Catalogue, $2. The Muller Co., HG12, Dogwood Hollow, Miller Place, NY 11764.



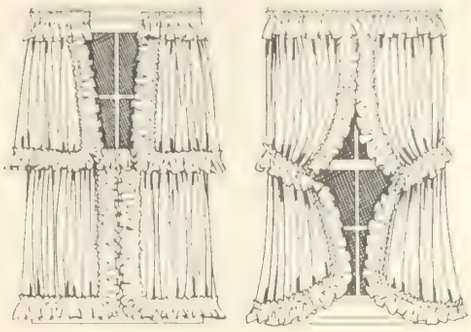
STEAK FOR ALL SEASONS

Three plans for ordering Golden Trophy Steaks™. Plan #1, six Prime 10 oz. boneless sirloin strips, $35.50; Plan #2, six 12 oz. strips, $41; Plan #7, 8 six oz. filet mignons, $29.50. ($7 post. W. of Rockies, $4 to Fl.) Bruss Co., HG12, 3548 N. Kostner Ave., Chicago, IL 60641.



COUNTRY-STYLE CURTAINS

NO-IRON MUSLIN IN NATURAL OR WHITE
SUPERIOR QUALITY—VALUE PRICED!



3 RUFFLES
(Style CC3)

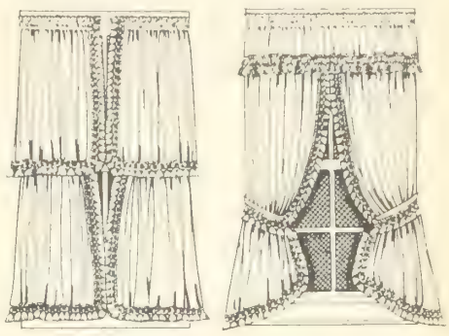
Reproduced from Provincetown, Cape Cod. Extra-full 3" Ruffles. Extra-wide 80" to the pair.

TIERS
24", 30", 36" long .. 7.00 pr.
WITH TIEBACKS
45", 54", 63" long .. 9.00 pr.
72", 81", 90" long .. 11.50 pr.
EXTRA TIEBACKS ..... 1.00 pr.
EXTRA VALANCE 11" x 72" 3.00 ea.

2" BRUSH FRINGE
(Style K9)

EXTRA-WIDE 90" to the pair. Hang them straight or tied back with or without valance.

TIERS
24", 30", 36", 40" long 6.50 pr.
STRAIGHT OR TIEBACK
45", 54", 63" long. 9.00 pr.
72", 81", 90" long. 11.00 pr.
TIEBACKS ..... 1.00 pr.
VALANCE 11" x 72". 3.00 ea.



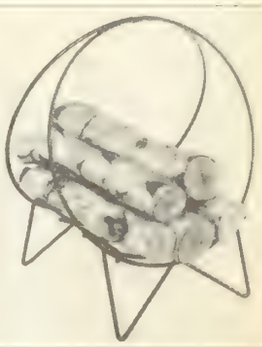
The charm of country-style curtains no longer need the drudgery of ironing. Practical, long-wearing, crisp and beautiful. Machine wash and dry, 50% Polyester—50% cotton muslin (preshrunk maximum shrinkage 1%) of unsurpassed quality that we back with **"satisfaction unconditionally guaranteed."** Specify style and color, natural or white. *Add $1.50 post. & hdlg. Please enclose check or m.o. Sorry no C.O.D.'s. N.Y. Res. add sales tax.*

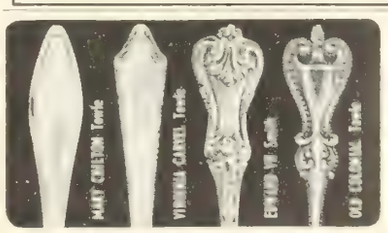
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Handsome, wrought iron log rack holds a large load of firewood, so you can be comfortable all night. Compact (23"h x 15"w), yet spacious. Absolute must for all people with fireplaces, no more trips into the freezing night for another log. Black finish only **$14.95** each plus $1.95 post. and handling from:

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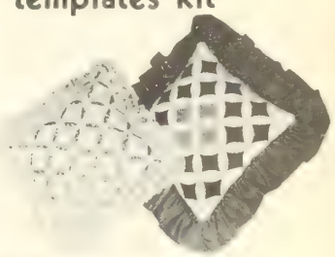
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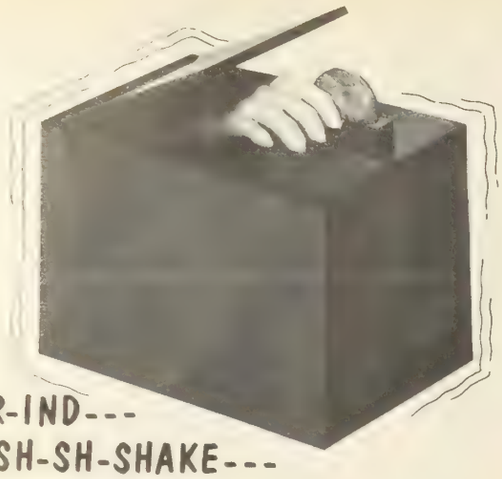
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GR-R-IND---
SH-SH-SHAKE---
OPEN---
SNATCH!

THE BANDIT BOX

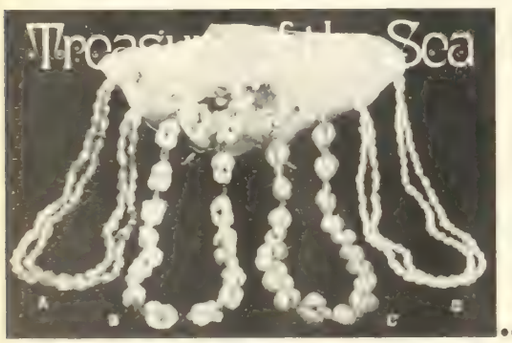
Place a coin in the holder, immediately you hear a grinding of gears . . . the box starts shaking . . . slowly lid rises, a pale green hand reaches out, grabs coin, disappears and "Bang," lid slams shut. Amazing how much money you'll collect. Operates on 2 penlight batteries (not included)

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SEA SHELL NECKLACES
to compliment,
accent any costume

Beautiful, exotic shells gathered on romantic Pacific islands, hand strung by natives. $1.95 ea. 2 or more only $1.75 each. add 35¢ p.p. Buy extras for bracelets, hat bands or for him. EZ to cut and retie. Specify by letter A. 32" B. 18" C. 18" D. 32" Check or MO.

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Just like the pros . . . a football jersey of professional quality with large numerals on front and back. Personalized with first or last name on back as shown. Numbers also on sleeves. Washable and colorfast. Choose red or blue color with white lettering. (Sorry, no choice of numbers). Comes in boys sizes S (6-8), M (10-12), L (14-16), XL (18-20), or mens sizes, S(36), M(38-40), L (42-44).

Boy's Sizes .....**$7.50 plus 80¢ postage**
Men's Sizes .....**$8.50 plus 80¢ postage**

Specify size, team color desired and PRINT name. Sept. for Color Chart.

DECOR AND GIFTS GALORE Dept. 312
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ELEGANT CRYSTAL LAMPS

The richness of these handcrafted Rogers gold finished castings and imported Italian marble bases combined with hand cut crystal blocks with imported crystal pendants, sparkling like dew drops is unbelievable at this price. The perfect decorator touch for buffet, mantel, piano or bureau, they are reminiscent of an elegant age. Completely electrified they are 18" high.

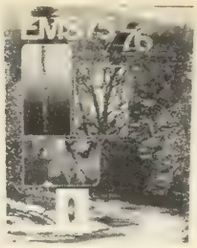
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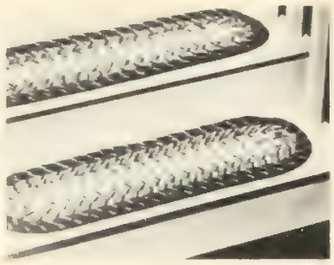
LUIGI CRYSTAL
Dept. HG12-5; 7332 Frankford Ave., Phila., Pa. 19136

SHOPPING AROUND



SPORTSMEN'S GUIDE

Famous outfitter for the outdoor life answers your needs in cross-country skiing, backpacking, camping, climbing, equipment, active sportswear. New 1975-76 fall and winter catalogue, $1. Eastern Mountain Sports, Inc., Box 1277, 1047 Commonwealth Ave., Boston, MA 02215.



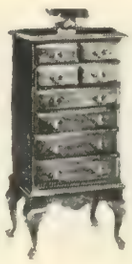
FOR UPS AND DOWNS

These braided stair treads are durable, woven nylon traditionally styled for a hand made look in avocado green or chestnut brown. They'll blend with most decors. Each 9" by 27", $4.50 each; set of 13, $34.95. Ppd. Yield House, G512X, No. Conway, NH 03860.



ANT FARM

Watch them dig tunnels, build roads, move mountains, erect bridges. Clear plastic wall is like living screen. With stock certificate for supply of ants and sand; watchers guide. 6" by 8½". $5.98 plus 75c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



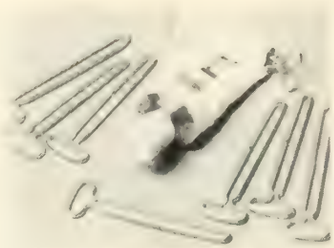
SPLENDID SILVER CHEST

Cabriole-legged mahogany, brass plated hardware holds family flat silver plus holloware and heirlooms. 39" h., 18" w., 13" d.; top drawer tarnish-proof fitted, partitioned. $199.95 exp. coll. Catalogue of Victorian furniture, $1. Magnolia Hall, HG12, 726 Andover, Atlanta, GA 30327.



GOOD FORTUNE

Rattan table with a legendary elephant form to use as end or cocktail table. Removable tray for serving. 25" l. by 17" w. by 24" h. $34.95 plus $3 post. Painted white, green or yellow, add $5. Catalogue 25c. Fran's Basket House, HG12, Route 10, Succasunna, NJ 07876.



ECONOMIC IDEA

These days a penny saved is, indeed a penny earned. Tube squeezers are a prime example. Turn key as tube contents are used and no mess no waste. Reusable, too! Set of eight, $1.98 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



YALALAG CROSS

From the Sierras of Oaxaco in Mexico: a scintillating pendant of handwrought silver filigree with central amethyst. Thought to be of Zapotec civilization. 2⅝" long on 24" chain. $15.50 ppd. Shopping International, 977 Shopping International Bldg., Norwich, VT 05055.

VICTORIAN LADY

Lovely 18" doll is exquisitely dressed in burgundy velvet and ecru lace. She wears lace cap and carries a tiny purse. Her blonde curls are tied back with a matching burgundy bow. $32 ppd. Catalogue $1. Enchanted Doll House, Dept. HG125E, Manchester Center, VT 05255.



GLOWING SENTIMENT

American-made stained glass in rich colors surrounds handsome lettering, "I love you more than yesterday, less than tomorrow." 5" by 7". With hanger, shipped in corrugated wrap, box, $3.98 plus 50c post. Lillian Vernon, GDE, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



MOVABLE FEAST

Drop-leaf cart with laminated maple hardwood butcher block top; 26" x 18" with leaves down; 48" x 18", leaves up. 34" h. Butcher block lower shelf. Flat black steel frame, $145, chrome, $155. Exp. coll. Catalogue 50c. Butcher Block and More, HG12, 1600 So. Clinton, Chicago, IL 60616.



SAFE KEEPING

This might be the perfect way to save for that proverbial rainy day. It's a knitted sock with a change purse clasp attached to the top. The sock is long enough to hold a trove of cash. $1.98 plus 25c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



MOTORCYCLING WINNER

An action book about racing bikes and the racers who do the winning. Includes how to start, corner, pass and jump, how to build a track and information on frames, gearing. 345 drawings and photographs. $5.45 ppd. H. P. Books, HG12, Box 5367, Tucson, AZ 85703.



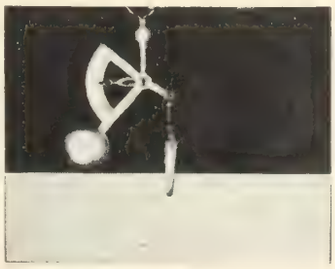
ON THE BALL

A good golf game depends on how well the ball is functioning. Precision instrument tests the playable condition of each ball; with zippered case, instructions. AccuTest is $30 plus $2 post. Shreve, Crump & Low Co., HG12, Boylston at Arlington St., Boston, MA 02116.



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Hand postal scale checks postage for your lengthy letters wherever they go. Shows ounces (up to 4) on one side, grams on other. A must for compulsive writers, a nice travel gift. $1.98 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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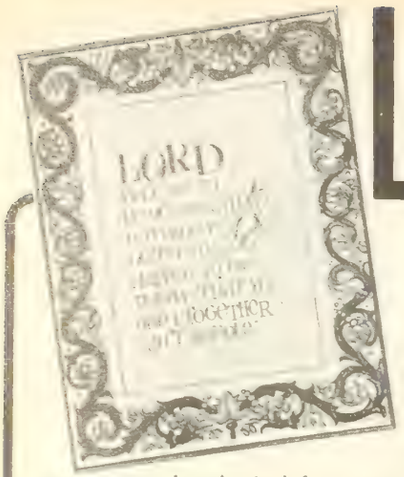
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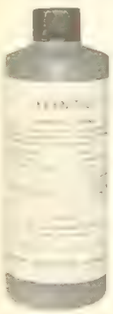
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CADLYN'S Dept. HG12, 2077 N.Y. Ave., Huntington Sta. NY 11746

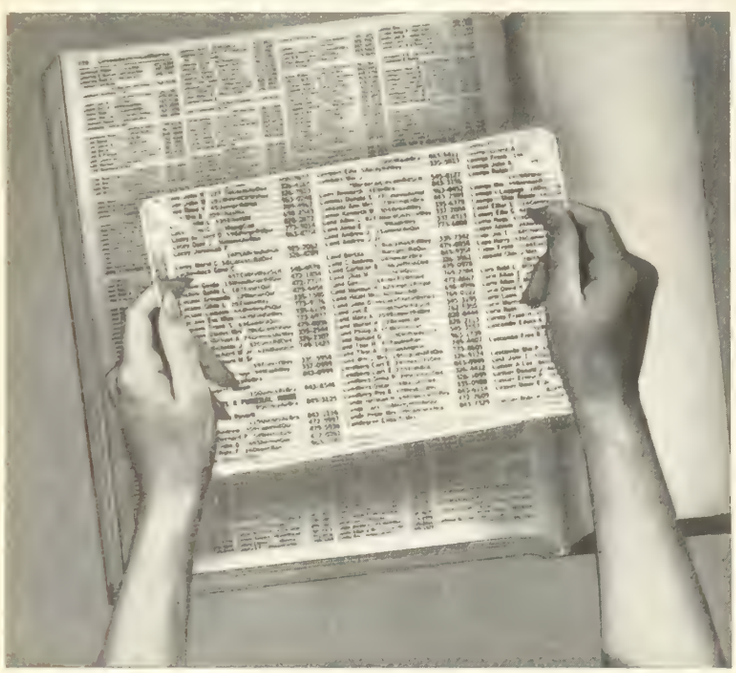


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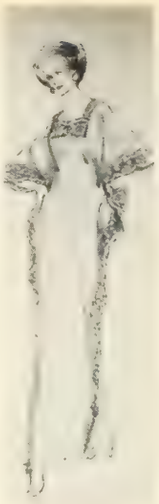
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HONEY BEAR
Famous scene from the honey-search story shows Winnie-the-Pooh at the end of a 10" balloon string—a whimsical mobile! Brown stylized Winnie, 3¼" h., and red balloon are hand painted wood from Sweden. $5.50 ppd. Harriet A. Chapman, Inc., HG12, 225 Fifth Ave., New York, NY 10010.



NATURAL SHOW-OFF
For easy living wear a free-flow caftan. Natural cotton muslin, wide bandings of lace. By Shaheen. Lovely for hostessing. Machine washable. One size fits all. $32.95 ppd. Free brochure. Sea Captain's Chest, HG12, 211 Jefferson St., San Francisco, CA 94133.



LEGENDARY DOLLAR
Antiqued pewter sand dollar pendant on a matching chain is an unusual gift from the sea and a compliment for all costumes; will intrigue all who see it. $5.50; matching pin, $3.25 ppd. Catalogue, 50c. Pat Baird Ship's Wheel, Inc., HGZ-5, Nottingham Sq. Rd., Epping, NH 03042.



MILEAGE CHECK
Keep track of the tracks you make with a precision-made pedometer that registers up to 100 miles. Set it for length of stride and hang it from belt. Great for hikers! $9.98 plus 50c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



GAY BLADES
Super-sharp shears cut through aluminum, fish, linoleum, fabrics, sheet metal and much more! Scientifically hardened steel. Blunt edge. 5 yr. guarantee. $5.95; two, $9.99. Add $1 post. American Century Collection, HG12, Box 36232, Los Angeles, CA 90036.



EMBROIDERY NEWS
Full-color catalogue with everything in the finest Swedish designs, from pictures and panels, wall hangings, cloths and cushions. Florals, figures, delicate and spectacular colors. Exclusive "long stitch" designs included. $1. Skon, GE12, 55 Lambert La., New Rochelle, NY 10804.



NICE ICE
Something different for icing your drinks. Set of two round ice circle trays, just like those a bartender uses. Flow-through cubes freeze fast. Made of sturdy plastic, each tray makes 12 circles. $1.98 plus 30c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

JEFFERSON CUP

Classic round bottom drinking cup adapted from an original designed by Thomas Jefferson in 1810. Pewter, it holds eight oz. of juice or cocktail, a miniature bouquet. Set of six, $38; $6.50 each plus $1.50 post. Westchester Associates, HG12, Box 122, Petersburg, VA 23803.



MARKED CARDS

Deck of tricksters has tapered edges for such touch selection. A variation in back design lets you distinguish any card held by opponents. Instructions plus 21 tricks. $2.98 plus 20c post. Order #161. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



LEATHER TRAVELER

Hobo bag in soft, supple leather. 14½" by 17", holds securely, packs completely flat. One handle slips over the other for carrying. Red, black, beige or white, beige, black, navy, brown suede. $16 plus $1 post. Old Pueblo Traders, HDH, 600 S. Country Club Rd., Tucson, AZ 85716.



KITTY'S RETREAT

Decorative three panel screen is designed to give a cat privacy around the litter pan. White high-impact styrene with brass finish hinges, red lettering, black and white kitten. Each panel 20" by 9". $9.95 ppd. Creature Comforts, HG12, Box 852, Palm Beach, FL 33480.



NO MORE SUDS

Foam sponge shower goggles with clear plastic lenses permit shower takers to watch while eyes are protected from both water and soap. Self-adjusting elastic strap, one size fits all. $1.29 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

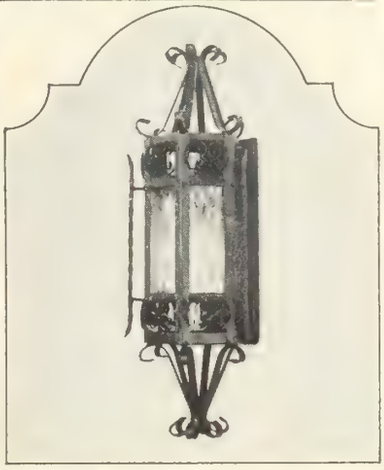




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official commemorative Bicentennial coinage norized by Congress is artistically displayed in land Moor's limited (10,000) first edition paweight. The set of (4) colorful patriot stamps esenting the Continental Army, Navy, Marines the American Militia are posted as guards surding the Bicentennial Dollar, half, and quar- Overhead, a polished brass nameplate has been dsomely engraved complete with individual sernumber. Permanently embedded in crystal clear stic, 5½"x4¼"x¾", the coins, stamps, and neplate are protected in their brilliant uncircud condition. This exquisite paperweight whether ght as an investment, souvenir, or gift will e as an American time capsule of 1976. Price: .95+$2.00 for postage and handling.

MIDLAND MOOR Dept. HG-125,
Box 4086, Kirtland, Ohio 44094

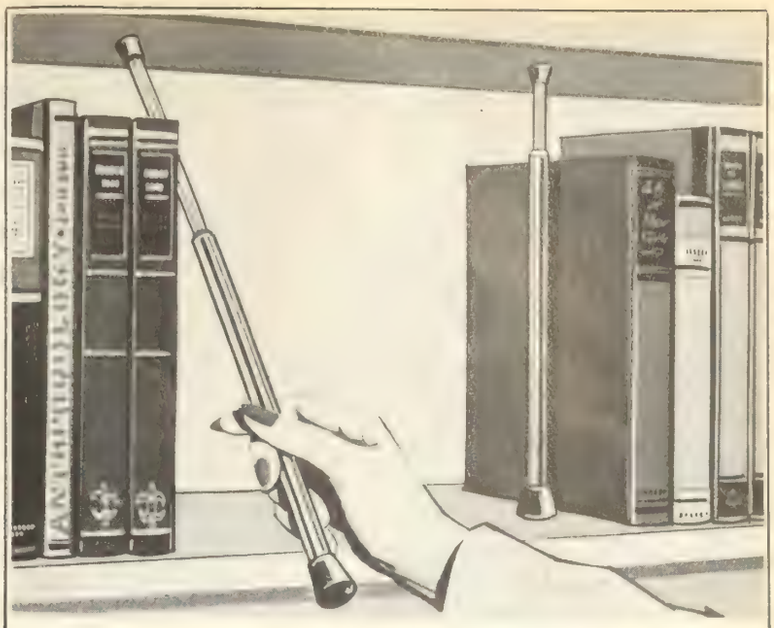


SPANISH WALL-MOUNT LAMP $23.95
2 for $42.00

An ornate light, of hand-forged wrought iron with amber glass inserts. Also available as a hanging lamp. Measures 24" x 8", 10" deep, weighs 8 lbs., comes completely wired. Add $3.95 postage and handling for each.

SEND $1 FOR OUR NEW 44-PAGE CATALOG.
You can deduct it from your first order.

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SPRING POST BOOKENDS

Spring post bookends keep book shelves neat and orderly. Gold anodized aluminum encases a steel tension spring. Poles fit shelves from 9½" to 13½" in height. Great for big art volumes. Set of 2.

POST BOOKENDS SET ..... **$2.98 + 35¢ Maling Each Set**

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White snowflakes on midnight blue ground

say it in QUICKPOINT FOR PILLOW, RUG, or WALL HANGING

Each kit contains finest French 5/5 canvas, Paternayan PAT-RUG yarn, stainless steel needles and complete illustrated instructions. Finished piece approx. 20" x 14"

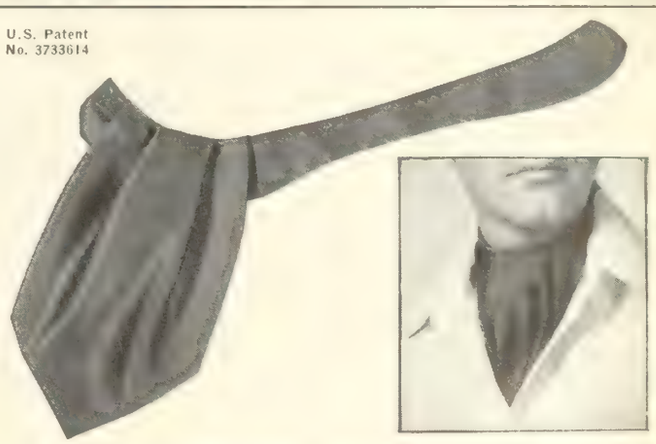
each kit
$22.50
postpaid



Drips and dribbles of browns on beige

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white plains, new york 10602

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REAL COMFORT WITH OPEN SHIRT

Shapes to the neck. So comfortable you forget it is there. Adjustable to size. No more bother. Stays in place. Luxurious fine denier polyester fabric. Plain shades to match every outfit.

Navy-Brown-Wine-Green-Rust-Beige-Tan-Black-White

The OST, open collar tie ..... **$5.98 + 50¢ Mailing ea.**

Money back guarantee. *Check or money order.*

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A noted eye doctor was approached by a woman who complained that without her glasses she can't see what she is doing, and with her glasses she can't do what she is seeing. Knowing that no available magnifying mirror can give a strong image without distortion, the doctor hand-ground prescription lenses and silvered them to provide a distortion-free focusing mirror. Our optically perfect "Magic Focus" standing mirror has a flexible, brass, "goose-neck" arm for hands-free grooming. White frame and base blend with every decor. To tuck in your purse for quick touch-ups, order our lovely white & gold compact (not shown). It's double faced, with plain and Magic Focus mirrors. With either model, you'll see clearly and sharply WITHOUT YOUR GLASSES regardless of your prescription or need for bifocals. A necessity for contact lens wearers. Cost of 4" diameter standing Mirror is $14.95 plus $1.50 postage. Compact is $5.00; 2 for $9.50. Add 50¢ postage. You'll be amazed with the results. Satisfaction guaranteed.

THE FERRY HOUSE, Dept. HG-125, Briarcliff Manor, N.Y. 10510

NON-SHOOTING REPLICA KENTUCKY RIFLE

Rifle only $19.00 6" Powder Horn $8.00 or save $2.00 . . . BOTH FOR $25.00

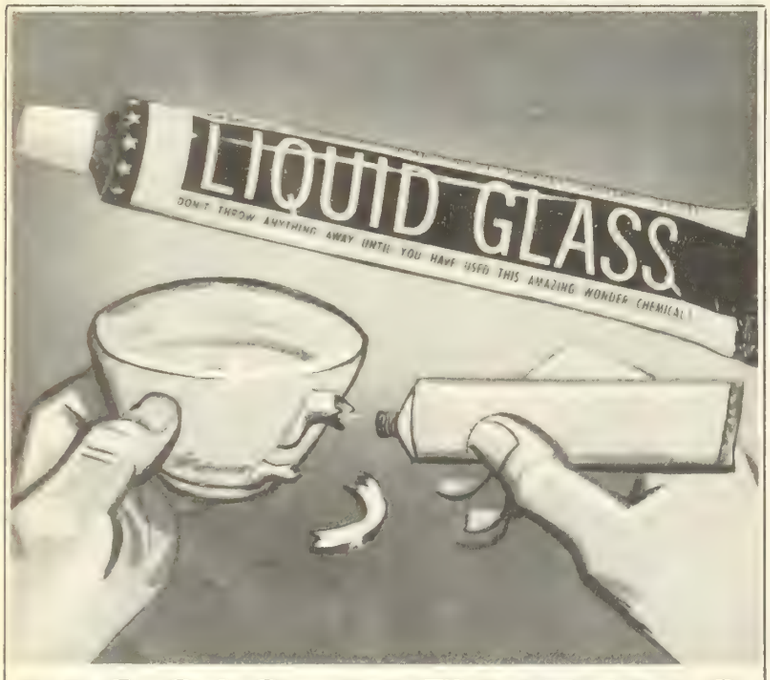
Full line color catalog $2.00 or introductory brochure .50¢



Replica Kentucky Rifle . . . over 53" long . . . all wood and metal absolutely safe . . . cannot be made to fire. POWDER HORNS . . . genuine steer horn . . . 3 sizes. 6 inches - $8.00 . . . 12 inches - $15.00 . . . or giant size 24 inches - $28.00 . . . order with a rifle and deduct $2.00 from your order. *30 day unconditional guarantee*

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THE MULLER CO. Dogwood Hollow Dept. HG12 Miller Place, N.Y. 11764



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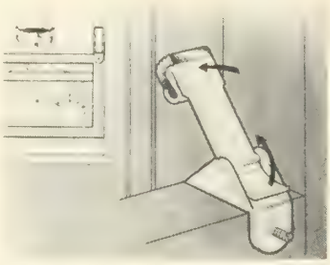
WORLD OF THIMBLES

Charming starter set—7 thimbles in brass, china, silver from different nations. Also stained walnut shadow box 8½" h. by 3" w. by 1½" d. and folder "Worldly Thimbles" by Roz Belford (autographed). $25 ppd. Catalogue 50c. The Sewing Corner, HG12, Whitestone, NY 11357.



CHANGE OF TASTE

Try something new for dinner. Smoky Mountain Magic Cookbook provides you with more than 1000 kitchen-tested recipes of outstanding cooks in the East Tennessee area. Welcome gift thought. $5 ppd. Junior Service League, HG12, Box 1082, Johnson City, TN 37601.



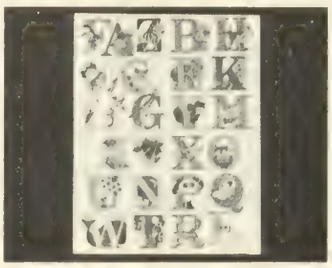
PROTECTIVE DEVICE

Safety lock works on closed or open windows to keep intruders out, and children safe while maintaining usual ventilation. Affords a feeling of security whenever you're away. $1.98 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



IN STEP

Clever stepstool gives sturdy welded steel footing (supports 800 lbs.), yet folds to an amazing 1" wide! Choose red, brown, yellow, lime or white baked enamel finish. Folded size 22¼" h., 17⅜" w. $24.95 plus $2 post. Belmar Corp., HG12, Box 801, Westport, CT 06880.



STICK 'EM UP!

Full color stick-ons on big 20" by 26" sheet to peel off and apply to crib, wall, cabinet. Choose circus animals, alphabet or "superheroes" (Batman, etc.). Sheet, $2.95 plus 45c post.; two $5.25 plus 75c post. Family Bazaar, Inc., HG12, 80 New Bridge Rd., Bergenfield, NJ 07621.



TOOTH POLISH

Cover-up tooth enamel cosmetic is as easy to use as nail polish. Tasteless and safe for natural teeth, gives gleaming white lustre. Can be used on gold teeth, too. ¼ oz. bottle. $2.98 plus 25c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

for that special JUNGLE DÉCOR

Jungle animals in quiet moments are reproduced from scratch board sketches by Ed Jonas. These 11"x14" black and white lithographs are printed on select paper.

A LION at DUSK an ELEPHANT at EVENTIDE
a LEOPARD at TWILIGHT (shown)

$10.00 post paid for any three, $4.00 for one
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THE TATTERED BOOT
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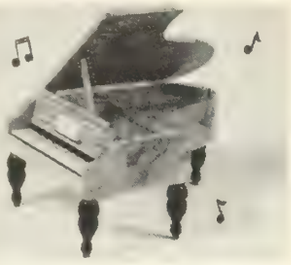
Pocket calculator is sized like a cigarette case yet does big chores: automatic accumulation into the memory for grand total; percentage for mark-up and discount; has a memory key, large 8-digit display. $19.95 ppd. Malden's, Dept. 11CL1, Box 221, Atlanta, GA 30338.

INVISIBLE HOLDUP



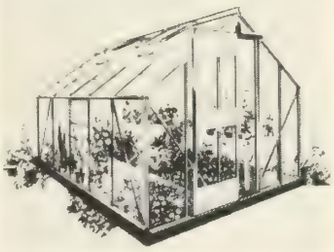
Liquid Garter holds hosiery up without bumpy garters and they stay up as well. It dries in a jiffy and without fuss or muss. Works for men's socks, too. End creases around ankles, knee bagging. $3.98 plus 25c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

PIANO PLAYER



Olivewood music box plays your choice: Somewhere My Love, A Time for Us, Love Story, Love is Blue, Raindrops, Tiny Bubbles, Edelweiss, Sound of Music, More, Strangers in the Night, (specify). 7½" x 5½". $32 add $1 post. Hildegarde's, HG12, 597 Farmington Ave., Hartford, CT 06105.

ALL-YEAR GARDEN



Home addition for enthusiastic gardeners. Sturdy construction of aluminum and glass. Comes in eight sizes from 6′ by 4′ at $249 to 12′ by 8′ at $679. Exp. coll. Send for free color catalogue. Four Seasons Greenhouses, Dept. HG-E12, 17 Ave. of the Americas, N.Y., NY 10013.

REFILL SIGNAL



Drink light clips over the rim; when glass is ready to be refilled, slide light down the glass and light goes on and off signalling distress. Comes with a battery. A real laugh-getter. $1.49 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

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Ring #11 16x14mm top solid 14k gold $195.00 sterling silver $65.00

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In order to make sure you like our work before you invest in a gold ring you may order the pendant shown above in sterling silver hand-engraved with your coat of arms for only $35.00. When you order the ring you will be given credit for the $35.00 AND MAY KEEP THE PENDANT FREE.

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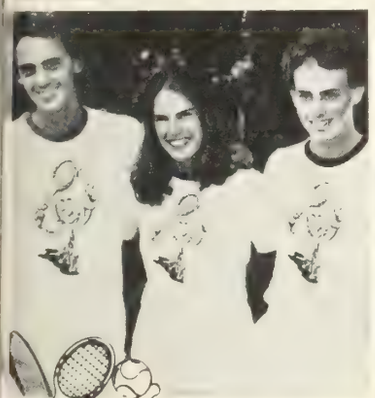
HERALDICA IMPORTS, INC. Dept. G-12
21 West 46th St., New York, N.Y. 10036

ADJUSTABLE WINDOW PLANTER



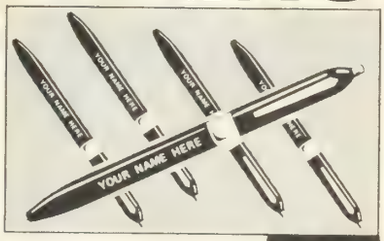
New, adjustable planter changes your bare windows into a lovely hanging garden. Easy to install, needs no screws, nails or glue; clips to any double hung window. Doesn't interfer with window movement. Made of chrome-plated steel. Satisfaction guaranteed, holds up to 12 lbs. (Pots not included). **$11.95** plus 95¢ post. and handling from:

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Enjoy buying our very choice quality shoes by mail from our world-famous catalog showing large array of smart styles for every occasion — and our vast range of sizes assures you perfect fit — or your money refunded!

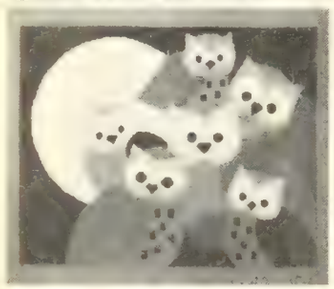
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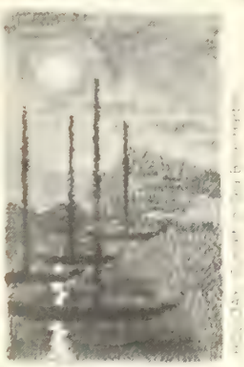
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WISE OWLS GIVE A HOOT in Long Stitch. New type of decorative embroidery from Sweden. Make a family of bright eyed, bronze and rust owls under a deep blue sky with yellow, orange moon. They're yours for $33.95 + $1.50 post. and a few hours of easy to do stitches. Order #4474. 18 x 14" (20 x 16" matching fabric covered frame $12.95). Send $1 for new color embroidery catalog of Swedish designs.

skön EMBROIDERIES
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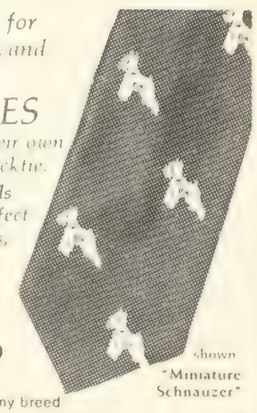
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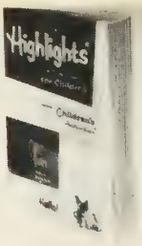


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MONTHLY GIFT

Magazine for ages 2 to 12 has stories, science, biographies, thinking games, crafts, jokes, riddles—all in sturdy covers. Gift card to each child on orders before Dec. 15. 11 issues $9.95. Highlights For Children, HG12, 2300 W. Fifth Ave., Box 269, Columbus, OH 43216.



LAZY DAYS HAMMOCK

Finest three ply cotton rope from Pawley's Island, S.C., hand woven, tied to last for years. Aged oak spreaders maintain the width; chains and rings are rust-proof. 13′ overall, $55 plus $3.95 post. Camalier & Buckley, HG12, 1141 Conn. Ave., N.W., Washington, DC 20036.



REAL CUT-UP

If you love snipping recipes, coupons, ads and *Shopping Around,* clipit paper cutter speeds the job. Neater and safer than scissors. Order now for your school children. $1.29 plus 20c post. from Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



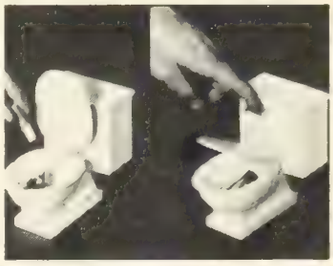
DUAL ROLE

Handy magnifier in a handsome letter opener of rich tortoise-look plastic that's been hand-polished and buffed. With brass trim, super powerful magnifying lens. 11″ long. $5.98 plus 50c post. Lillian Vernon, Dept. GDE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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Gag place setting guaranteed to help in weight loss. Bottomless spoon, cut off knife and fork will keep dieters from over-eating and give them and other guests a good laugh. $1.98 plus 25c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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Entertain your friends with a "flushing" ashtray. When ashes are deposited in the minature bowl, press handle, hear loud flushing noise as ashes go in tray below. No water. White. Battery not included. $7.95. plus 75c post. Play B, HG-12, Box 4146, Cincinnati, OH 45204.



SAUCEPAN STEAMER

French cooks make vegetables taste good and stay nutritious by keeping them above boiling water in a steamer like this. Stainless steel, 5½″ dia. at bottom; expandable top opens to 9½″. $3.98 plus 50c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

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Dollars collect under a handsome dollar sign magnetized money clip that keeps it all together. Gold-finish dollar sign is on 2½″ metal clip to hold paper bills poshly. $1.98 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



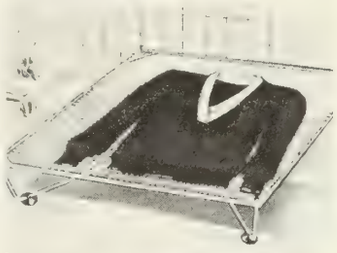
TERRIFIC T's

Perfect under sheer shirts, great as-is with baggies—100% cotton T-shirts. Preshrunk, machine washable, dryable. Black, wine, tan, midnight or sky blue, cocoa, dark green. S,M,L. $6.25 ea.; 2, $12; 4, $24. Add 75c post ea. New Era Mail Order Co., HG12, Box 6, Ridgewood, NY 11227.



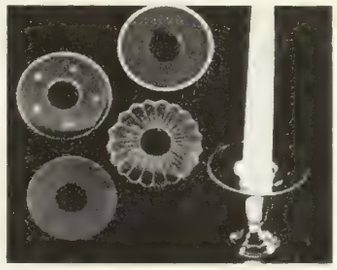
NET EFFECT

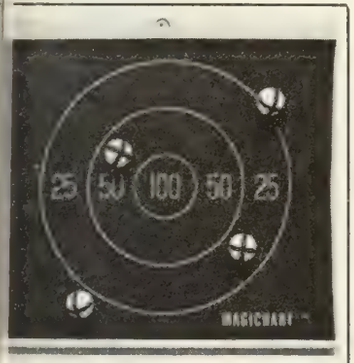
Sweaters dry in a breeze on a fabulous frame that lets air circulate through fine net. 24″ x 24″; reinforced corners fit over metal frame that's hinged to fold flat. Ideal for stockings. $4.98 plus 60c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



TAPER MATES

Candlelight is pretty, dripping wax is *not*. Glass bobeches from Europe to catch wax, 3″ dia., star-etched, petal-shaped, gold-trimmed or plain. Three pr., $7.95 ppd. Extras, pr. $2.75. Bethanda Lighting, HG125, 149 Rose Lane, New Hyde Park, NY 11040.

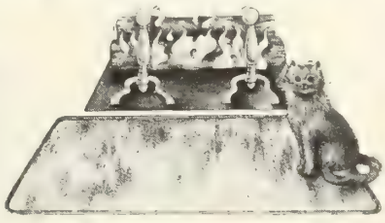




NEW! MAGICDART

his **safe** dart game is great fun for the hole family. Hang on wall or door and row MAGICDART (stick-tight ball). Reverse side is a tic-tac-toe game: TIK-ART-TOE. MAGICDART set is a 19″ target & 4 balls, @ **$6.95** ppd. (Extra 4 balls for TIK-DART-TOE @ **$2.95** ppd.) No COD's. Californians add 6% tax. Delivery for Christmas if ordered now.

Byron & Schiller
Box 7228, Carmel, CA. 93921



Fire-Resistant Hearth Rug

Protect the floor by your hearth from flying cinders with our 100% fire-resistant tufted-pile hearth rug. It's made from same Beta* yarn used for astronauts' space suits! Vacuum or sponge clean. Choose Apollo Green or Autumn Gold. 2-ft x 4-ft size, $19.95, including shipping and handling (75¢ more west of Miss. River). With matching fringe, add $2.50. Special order larger sizes.

Send check or money order to:
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*T.M. Reg O-C-F



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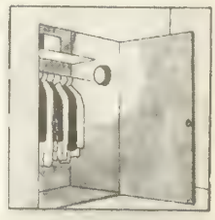
ANTI-SNORE MASK ..... **$4.98 + 30¢ Mailing**

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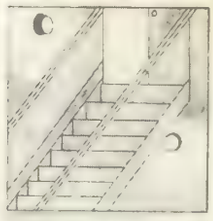
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ON OR UNDER STAIRWAY

CLOSET LIGHT

A practical solution for adding that extra lighting for out-of-the-way places in your home without having to pay for costly wiring. Ideal for closets, on or under stairways or storage areas. Attaches easily to wall or ceiling. Operates on standard batteries (not included).

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$2.98 each

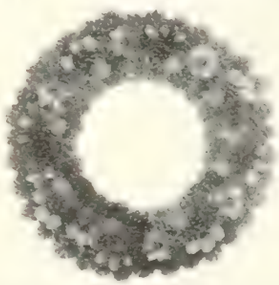
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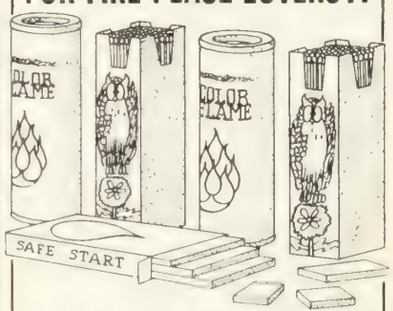


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Please add $1.50 per wreath for shipping, packing and insurance charges
Appalachian Craft Catalog—$1.00
A Save the Children self-help project"

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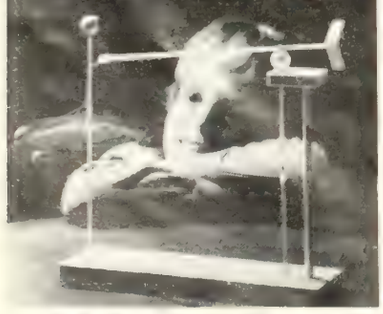
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LIGHT FANTASY

Imagine the charm of candle-holding hand-blown glass creatures circling a centerpiece. Swan and whale (shown) beaver, mouse, pig, 2" by 5". Permanent glass wicks burn blue, green, red, yellow, clear oil. Figures, $4.95 ea.; all five, $23.75 plus $1 post. 8 oz. oil, $1. Vitro Dynamics, HG12, 114 Beach St., Rockaway, NJ 07866.



CREATIVE PRESENT

The ancient Japanese art of leaf and paper collage is a fascinating pursuit easy to master with the Oshibana kit. Take dried leaves, ferns and flowers, press and seal them between sheets of textured paper. Decorate lampshades, make stationery, even room dividers. $6 ppd. Takashimaya, Inc., HG12, 509 Fifth Ave., New York, NY 10017.





MINIATURE MARVEL

Esther Baker turns a black and white or color shot into a delicate antique ivory-like oval miniature, 2½" by 3½". Actual photo is used by a special process: it cannot be returned. $7.50 each plus 75c post. Easel, $1. Esther Baker, HG12, Box 1022, Lompoc, CA 93436.



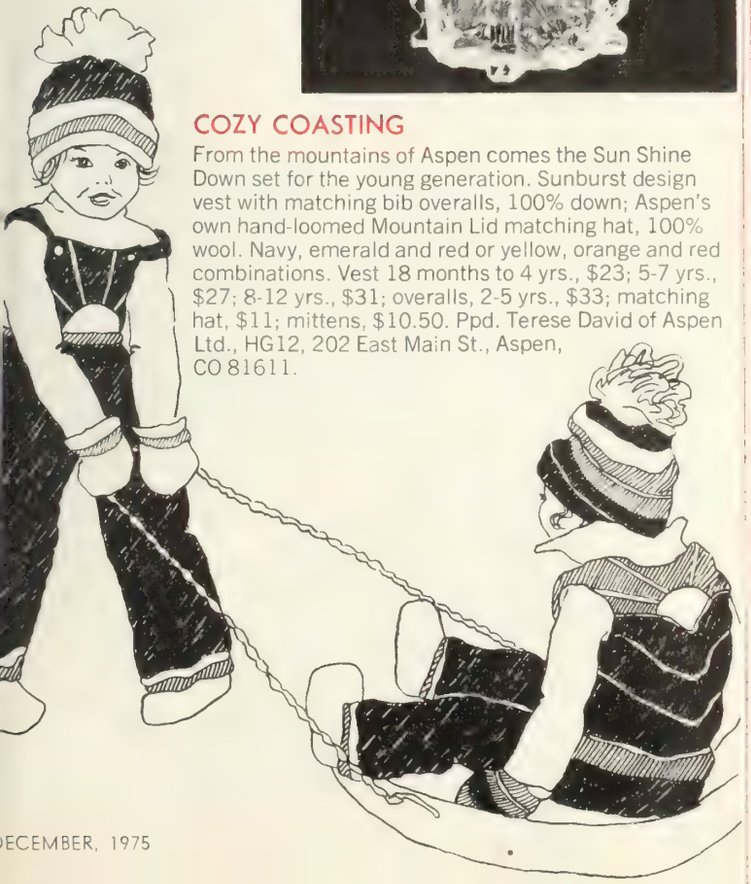
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Astrological pendant custom-made for you with your sun and moon symbols engraved around the edge. Sterling silver base plated in 24k gold. Heavenly signs inlaid in mosaic gemstones. Massive 30" gold rope chain. Give month, day, year of birth and choice of turquoise, bloodstone or obsidian. $95 airmail ppd. Mahan Creations, Broadmoor Hotel, Colorado Springs, CO 80906.

COLLECTOR'S FIND

The pressed glass double handle spoon holder is an exact copy of those produced over 100 years ago, with exquisite panel thistle design. In the old days it held spoons, today it serves as celery holder or flower vase. 5½" h. $9.95 plus $1.35 post. Artisan Galleries, HG12, 2100 North Haskell Ave., Dallas, TX 75204.





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From the mountains of Aspen comes the Sun Shine Down set for the young generation. Sunburst design vest with matching bib overalls, 100% down; Aspen's own hand-loomed Mountain Lid matching hat, 100% wool. Navy, emerald and red or yellow, orange and red combinations. Vest 18 months to 4 yrs., $23; 5-7 yrs., $27; 8-12 yrs., $31; overalls, 2-5 yrs., $33; matching hat, $11; mittens, $10.50. Ppd. Terese David of Aspen Ltd., HG12, 202 East Main St., Aspen, CO 81611.

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And all the time having fun. Building a tower forty inches high. Or a ranch house, town house, condominium. Sitting on them, stuffing them, climbing on them. And What Else?

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Sizes: 4,6,8,10,12 inch cubes

Enclose check or money order, Master Charge, or BankAmericard (Expiration date required) MC-include inter-bank number

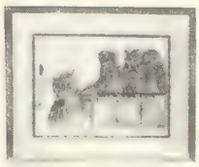
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little tikes PLAY CUBES

in an unmarked box for Christmas

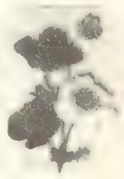
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Order by December 4th to insure Christmas Delivery. We Pay Postage!!



NAVAJO DESIGN RUGS

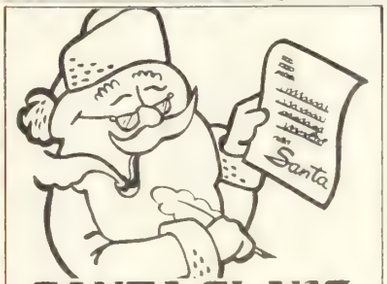
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A gift to set the scene. Quaker Lace depicts the triumph of '76 with symbols of Independence in a cotton and dacron permanent press tablecloth. White or natural. 70" round, $18; 52" by 70", $15; 64" by 84" and oval, $17; 64" by 102" and oval, $25; 64" by 120", $32. Ppd. Hildegarde's, HG12, 597 Farmington Ave., Hartford, CT 06105.



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Celebrate the Bicentennial with a bank shaped like Independence Hall. Cast iron replica of original still bank cast for 1875 Centennial holds more than $500 worth of silver. Tower removes to retrieve coins; bank is 10¼" h., 9½" w., 8" d. $30 plus $1.50 post. Delaware Valley Stamp Co., HG12, RD2, Gap, PA 17527.





COWHIDE SCUFFS

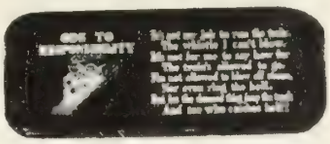
Great for the traveler. Smart saddle-stitched "skuffs" take little space, weigh only 10 oz., and pack flat. Whole sizes only. Men's 6 to 13, $5.95 (Add $1 for 13). Tan, black or brown. Women's 4 to 9, $5.95; tan, black or red. Plus $1 post. Pokorny's, HG12, 124 St. Charles St., New Orleans, LA 70130.

DUTCH TREAT



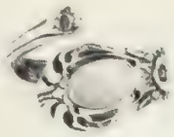
Handsome shelf clock from Holland is an authentic reproduction of an 18th century model. In solid walnut, eight-day brass movement, brass ornaments casted; strikes on the half hour. 12″ h., 7¼″ w., 5¾″ d. $179 ppd. Edga Imports, HG12, Box 4426, Ft. Lauderdale, FL 33304.

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Maxim about who gets the blame is cleverly expressed and written on a plaque of solid Rocky Mountain spruce, 11½″ by 4½″. Great sentiment to hang on the wall of kitchen, garage or workshop. Two, $4.95 plus $1 post. Postamatic Co., Inc., HG1275, Lafayette Hill, PA 19444.

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From the Southwest, a stunning sterling silver and genuine turquoise ring handcrafted by fine silversmiths. Styled in the popular new spoon ring design that adjusts so easily to any finger. $15 plus 50c post. Vicki Wayne, 600 S. Country Club Rd., HDS, Tucson, AZ 85716.

PHILADELPHIA STORY



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BLANKET CONTROL



Electric blanket control guard of metal clips to bed where most convenient to reach when reclining. Clips bend easily by hand to adjust to bed rail. Excess cord can be wound around holder. $1.98 plus 35c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

PRETTY PERSONAL



You can be sure that anyone on your feminine list would like to have a handcrafted pendant of sterling silver with her ½″ square fancy-cut initial. It's suspended on fine matching 18″ chain. $10.50; two, $20. Ppd. Ferry House, Dept. HG-752, Briarcliff Manor, NY 10510.

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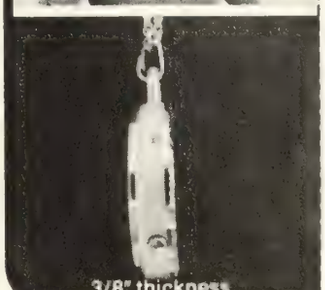
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ALSO available, BATH SHOWER—attaches to chair, adjusts up and down, to and from. Water "on and off" control in shower head, head removable for hand use—includes all fittings. Hook it up yourself—fits regular shower system. (Special fittings available at extra cost where no shower head exists.).

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Ours alone first of a dated collectors' series—a gift to treasure! Hear Gounod's "Ave Maria" when you pull the cord—famed Reuge Swiss-crafted movement has 16 notes, rich chords. Lovely Hummel scene in hand-screened multicolors, solid frame of polished natural hardwood. Solid brass plaque engraved "Christmas 1975" marks the year. 5¼" diam. Superbly made, gift boxed. Satisfaction guaranteed.

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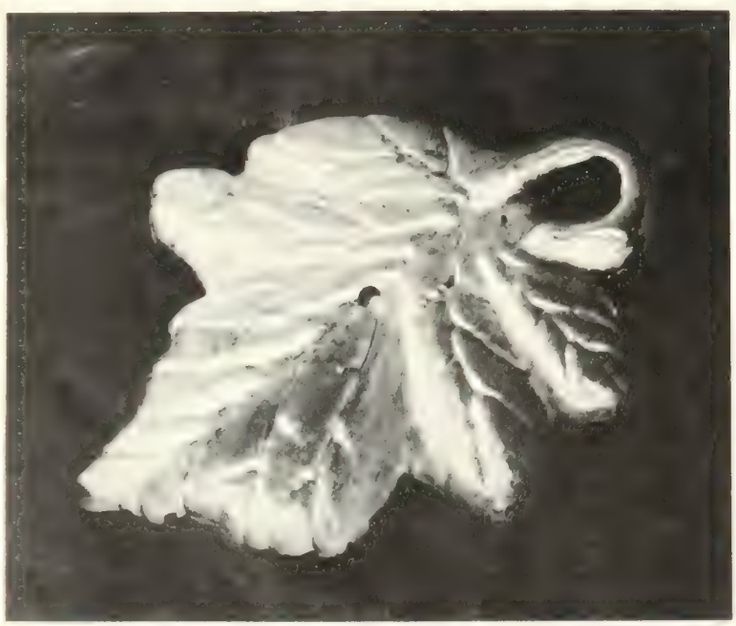


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The WattWatcher's resettable display reads out cost of electricity consumed. Adjustable for different rates, measures appliances up to 10 amps. **$39.95** plus $1.50 for postage: Va. residents add 4% tax. Send check or charge to BankAmericard.

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JUNGLE GREAT

Outstanding needlepoint design in full color captures leopard features on 12-mesh mono interlock canvas. Kit: Persian wool yarn, needle, instructions. 10" by 24" finished. $15.95 plus 75c post. The World of Stitch 'n Knit, Dept. HG515, Box 709, Framingham, MA 01701.



CLOVER FOR LUCK

Stainless steel four leaf clover is the golfer's choice for marking stymies on the green. A lucky putt is almost a sure thing after the clover is placed on the green. ¾" dia. Have name expertly engraved. $4 ppd. Elgin Engraving Co., HG12, 944 Edwards Ave., Dundee, IL 60118.



FAMILY AFFAIR

Clever clear-plastic cabinet keeps all toothbrushes free from dust and mix-ups. Holds 5 in separate compartments, each with its own door, ever ready and sanitary. $1.69 plus 25c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



COPPER CHARMS

Encircle your wrist with open, airy swirls. Bangle bracelets of woven solid copper dress up your favorite outfits, look so pretty any time. Lacquered to prevent tarnish. Choose ¾" or ½" width. $2.98; two $5.50. Ppd. Ferry House, Dept. G12, Briarcliff Manor, NY 10510.



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Elegant satin sheets, machine-washable! Black, red, white, gold, royal blue, avocado, silver, bronze, orange, plum. Set: fitted bottom sheet, straight top, two cases. Twin, $19.50; full, $23; queen, $25; king, $29. Ppd. Royal Creations, HG12, 330 Fifth Ave., N.Y., NY 10001.



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Apply liquid leather stretch to tight-fitting shoes and it makes even suede and patent conform to the foot as you walk. Simple to apply and relief is almost instantaneous. $1.98 plus 25c postage. Order from Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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A creamy white porcelain plate with a striking 22k gold-fired rim bordering 1976 calendar in red and blue. Hook for hanging. 9½" dia. $2.99 plus 75c post. Tripod wooden display stand $1.49 plus 25c post. Spencer Gifts, E-17 Spencer Bldg. Atlantic City, NJ 08411.

SHOPPING AROUND

HOP TO IT

Playful playing cards show Freddie the Frog in green on one yellow deck, and one orange. Set, $6.95. Freddie engraved on matches, 12 per box, $3.50; and 25 place cards, $7.95; also 50 napkins, $12.95. Add $1.25 post. Dempsey & Carroll, HG12, 38 E. 57 St., New York, NY 10022.



BIG PICTURE

Keep an eye on things the easy way—a magnifying glass with clip to attach to pocket is always handy for seeing tiny print, diagrams. 1¾" dia. magnifier has 4" black handle. $1 plus 20c post. #159. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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Tapered tines of Weeder Rooter® tool will grip the roots of stubborn weeds and creeping grass as a claw hammer pulls nails. Uniquely constructed handle won't loosen. $6.95 ppd. Farm Products Engineering Co., Dept. HGG-5, 5701 W. Adams Blvd., Los Angeles, CA 90016.



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Shower curtains won't blow out of the tub when plastic magnetic holders are snapped on to the curtain. Permanently magnetized; won't rust or mar. Eliminate wet floors. Set of three, $1.98 plus 20c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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Down-filled comforter in a kit for easy sewing: pre-cut parts, goose down, thread. White (can be covered to fit decor). King $76.95; standard $56.95. Add $2 post. Twin $49.95 plus $1.60 post. Free catalogue. Frostline Kits, Dept. HG-E25, 452 Burbank, Broomfield, CO 80020.



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Sale—**$5.50** per pound. Top de long-grain Wild Rice at best possible price. Harted in Northern Minnesota. ıimum order 2 pounds plus '0 post. and hdlg.

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Two-inch thick maple butcher block top, durable bench-construction frame. Sent express collect. In Illinois, add applicable taxes. Send check or money order, no C.O.D.'s please.

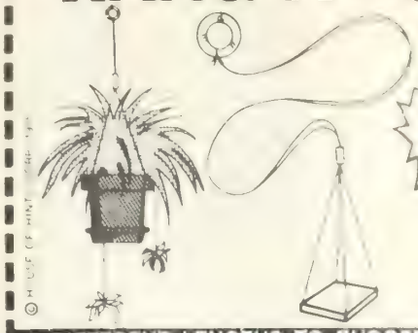
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Tub Tape, ¾" x 11 ft.	$2.98	+	40¢ Mailing Each.
Sink 'N Wall Tape, 2" x 6 ft.	$2.98	+	40¢ Mailing Each.
Tub 'N Floor Tape, 1½" x 5½ ft.	$2.98	+	40¢ Mailing Each.

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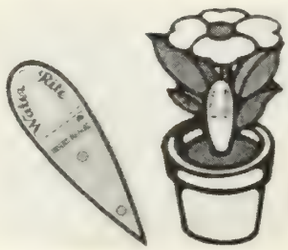
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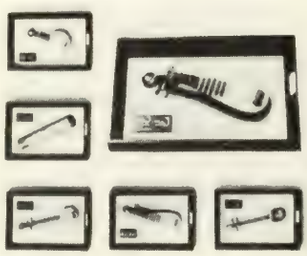
WATER WATCHER

Plant-watering indicator tells exactly when to water by color changes, so there's no more guesswork or soggy plants. Markers are 4" long plastic. Set of six indicators, $1.99; 12, $3.79. Ppd. Write to S & S Enterprises, HG-6, 9531 Zion Circle, Huntington Beach, CA 92646.



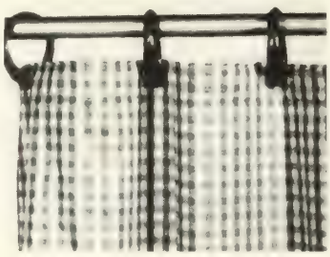
COLLAR OPEN SESAME

It's almost magical what the collar-extender can do to ease any tight collars on his good shirts. Tiny hook-on gadget gives extra half-size comfort for a just right feeling! $1.29 for set of two, add 15c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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Ancient Chinese musical instruments in miniature are framed and mounted to hang and display (plaques are 5½" by 7½") with Chinese name in gold. $2.95 each plus 55c post; five, $13.50 plus $1.55 post. Pacific Trade International, HG12, Box 24791, Seattle, WA 98124.



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Vinyl shower curtain in red, gold, blue, green, pink, orchid, black. 6′ by 6′; tieback window curtains, 54" l. by 68" w; or cafe curtains with valance. $9.50 a set plus $1 post. Curtain alone $4.95 plus 85c post. Brochure, swatches, 50c. Mather's HG12, 31 E. Main St., Westminster, MD 21157.



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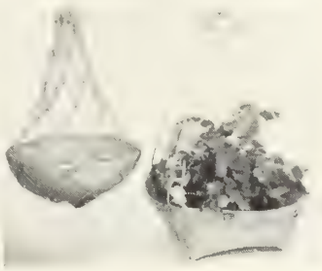
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Laughs start when you sit down with a funny-faced puppet. He scowls, smiles and pouts with a simple manipulation of thumb and finger. With ventriloquist instructions. Nice party favor. $1.29 plus 15c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.





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Bamboo basket, hand woven with traditional oriental discipline from behind the GREAT WALL OF CHINA. Lined with porcelain this decorative showpiece is functional, too (8" high x 7" diameter). Colors, green or red over natural. Price **$19.95** plus $1.50 postage. Please specify color.

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With startling clarity and amazing detail, design of tiger head is created by wildlife artist Guy Cohelcach. Limited edition. Initialled prints are 16" x 20" in full color. $35 ppd. Catalogue, $1; free with first order. Sunshine Studio, Dept. G-125, 206 Broadway, Lawrence, NY 11559.



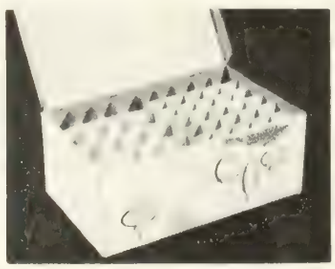
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Sharp corners of furniture and other objects can cause serious injury to small children. Cover those dangerous corners with self-sticking foam pads. KIDDIE KORNERS are easy to attach and remove. Brown-colored pads conform to any shape of corner. A must for parents and grandparents of small toddlers. Send **$2.50** ppd. for 12 KIDDIE KORNER pads to:

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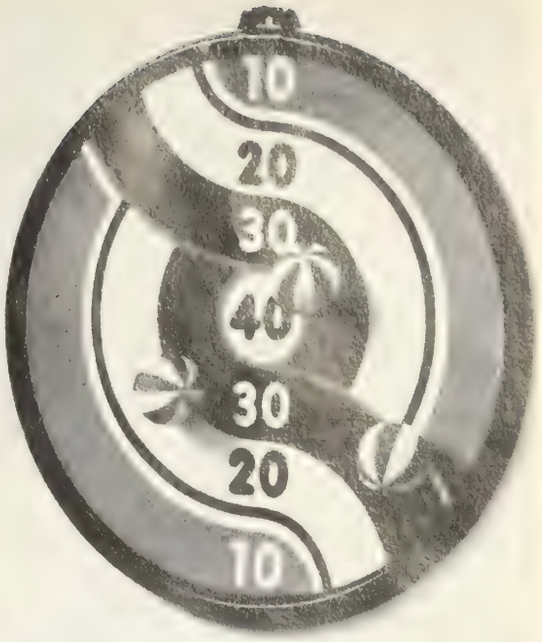


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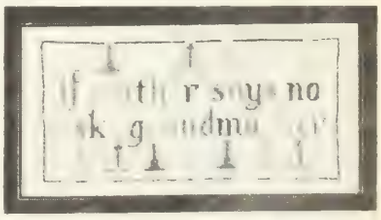
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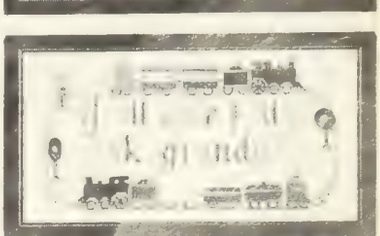
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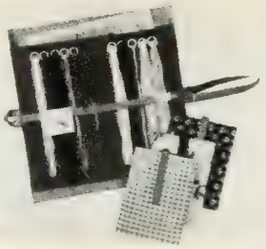
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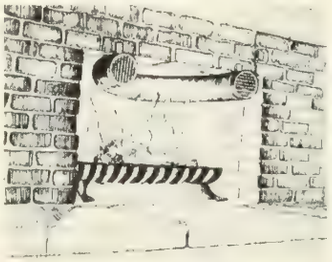
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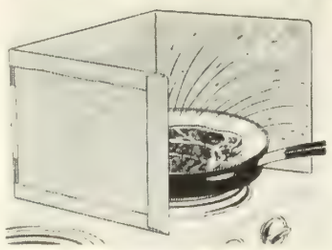
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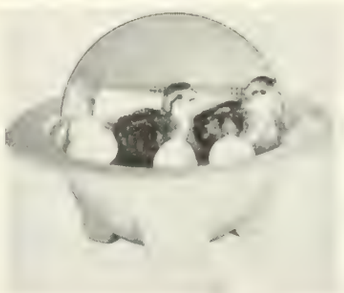
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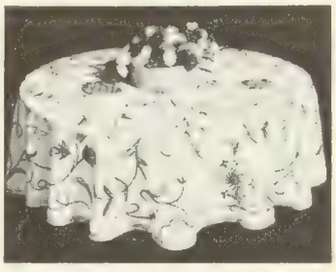
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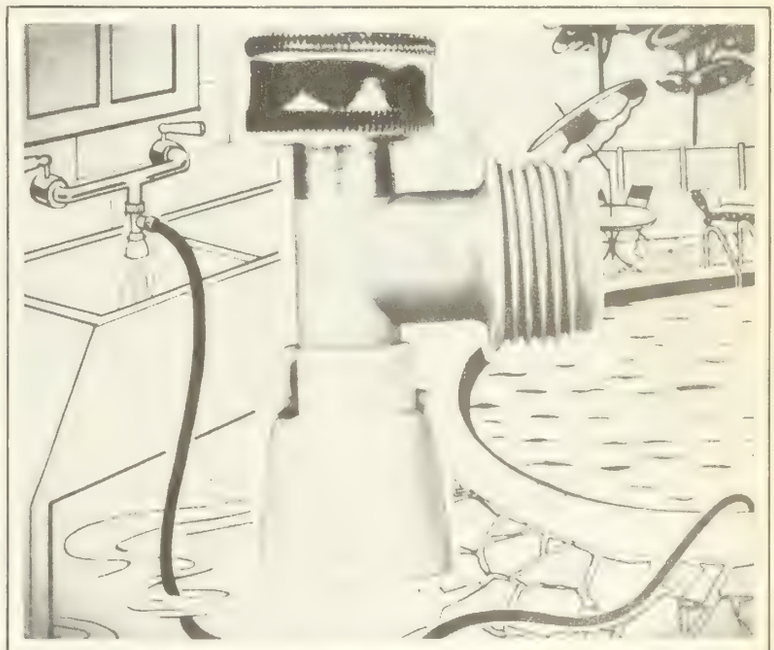
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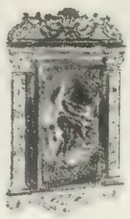
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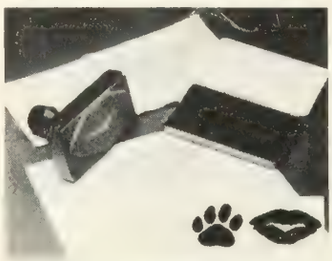
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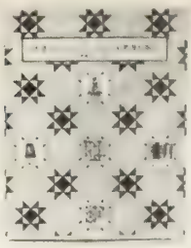


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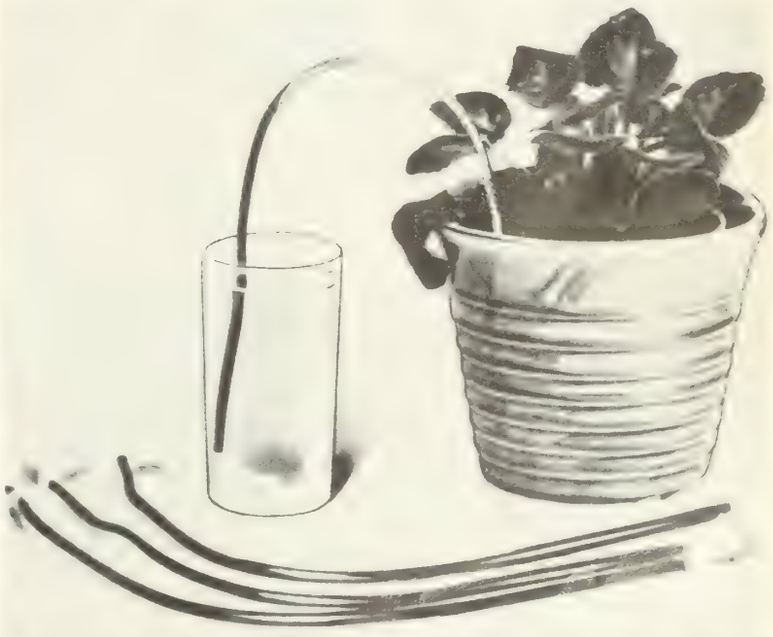
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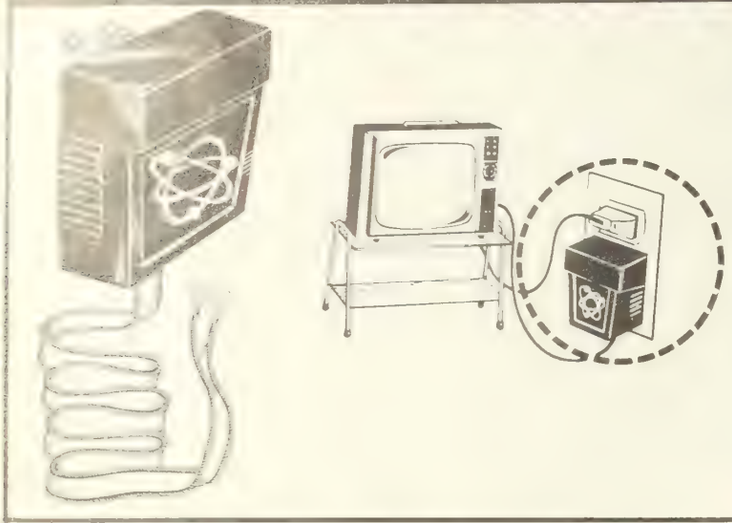
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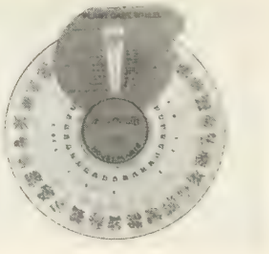
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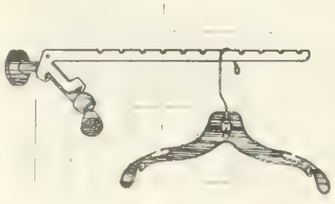
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SHOPPING AROUND



DIAL-A-PLANT

Pointers on plant care of the 60 most common varieties are on one 10½" two-sided wheel. Dial for information on propagation, watering, sun, soil, temperature, much more. Each $1.75; three, $5. Ppd. Mountain Gardens, HG12, Box 1111, East Holden, ME 04429.



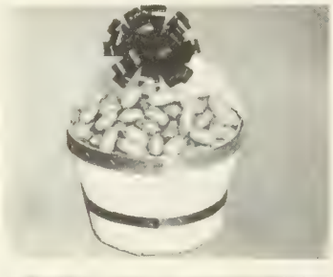
HANDY HANG-DRYER

For travel or home use, a sturdy dryer to hold all your washables is a great help. Hooks onto any showerhead, notched shaft holds 11 hangers. Steel construction, rustproof vinyl finish. $3.25; two $5.75. Add 25c post. American Century, HG12, P.O. Box 36232, Los Angeles, CA 90036.



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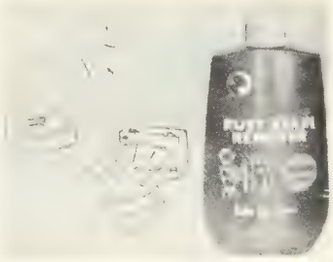
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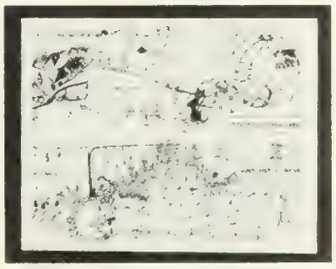
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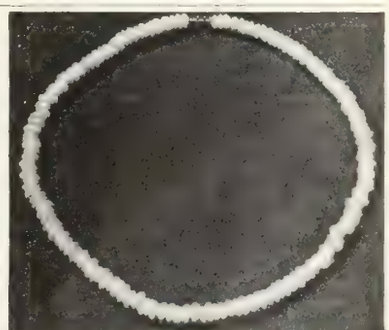
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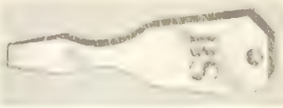
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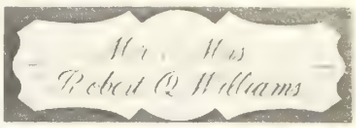
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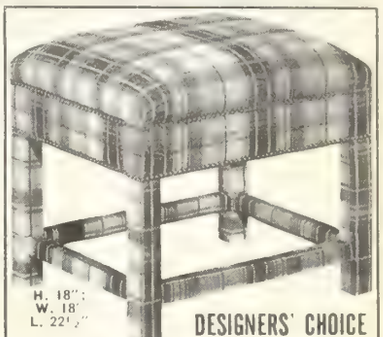


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W. 18"
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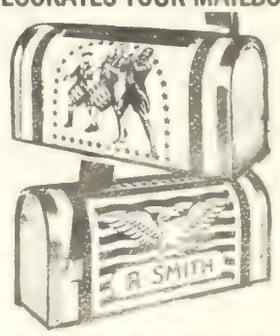
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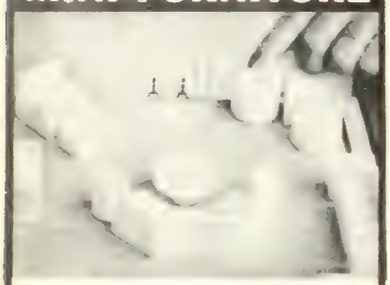
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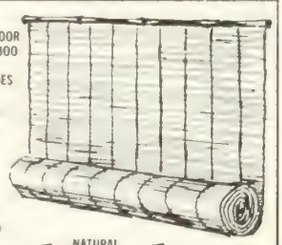
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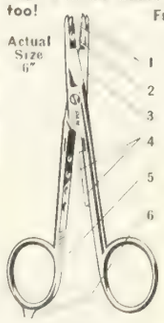
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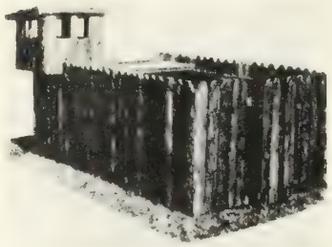
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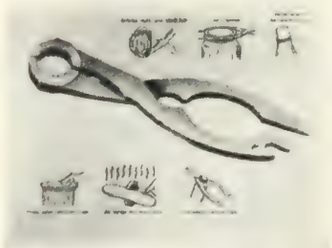
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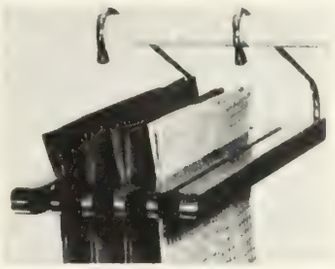
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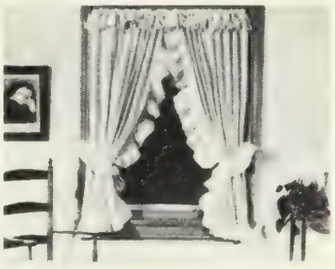
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Now hers and his *file* neatly in the sliding slack rack! It eliminates five different hangers. Trousers and slacks insert or remove without taking rack out. Cherry, chrome-plated hanger. $6.98; two for $12.98. Add 95c post. Ferry House, Inc., HG12, Briarcliff Manor, NY 10510.



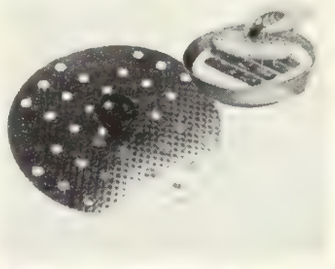
BERUFFLED BEAUTIES

Wide (4½") ruffles add old fashioned charm to curtains of white or natural permanent press cotton and polyester. 84" wide per pair. 45", 54", 63" l., $11; 72", 81", 90" l., $12.50. Add $1.75 post. per order. Free catalogue. Country Curtains, HG12, Stockbridge, MA 01262.



NO MORE CURLS

Now you can have crunchy bacon —minus the curls. Bacon press keeps bacon flat while conducting heat for evenly-cooked crispy meat. Fits any round pan 9" or larger. For draining grease, too. $1.29 plus 30c post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



EYE MAKEUP AID

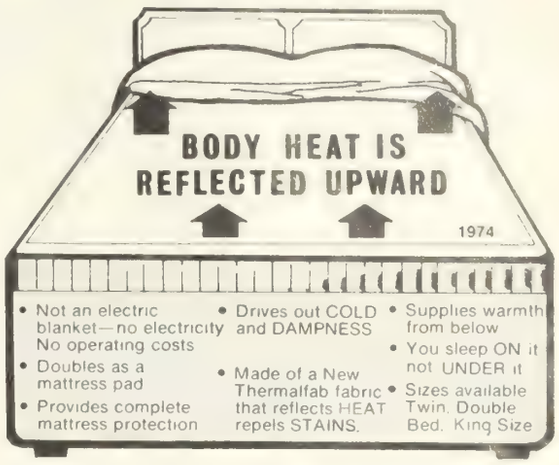
Two-in-one mirror lets you see to apply cosmetics without any glasses in the way. One side is regular mirror, the other has triple-strength magnifier with special lens. In a pearl white compact. $3.98 plus 50c post. Contempo, HG12, 1701 Highway 35, Neptune, NJ 07753.



Save Energy! Save Heat! Non-Electric Bed Warmer

THE HEAT SHEET

Gives you soothing warmth and comfort in bed instantly—without wires, plugs, electricity!



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- Doubles as a mattress pad
- Provides complete mattress protection
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- Made of a New Thermalfab fabric that reflects HEAT repels STAINS.
- Supplies warmth from below
- You sleep ON it not UNDER it
- Sizes available Twin. Double Bed. King Size

A NEW SENSATION IN BED!!!

Now soothing warmth and comfort in bed—without electricity Just crawl into your bed and feel it warm up instantly from your own reflected body heat. This new principle of bed warming is made possible by HEAT SHEET. Not an electric blanket—no electricity. HEAT SHEET is made of a miracle fabric called "THERMALFAB". Reflects your body's own heat upward to warm you rather than allowing your own heat to be lost downward through the mattress. No bulky blankets needed. You awake relaxed, refreshed. Drives out cold & dampness. Cuts costly night time fuel bills.

HELPS SOOTHE ACHES AND PAINS

Place HEAT SHEET between the mattress and the bottom sheet and you'll enjoy a delightful new sleeping sensation. No annoying overheating. 100% safe, lightweight, portable. HEAT SHEET doubles as a mattress pad, completely protects the mattress from stains. Positively the most comfortable, convenient, and economical way to sleep anywhere!

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Please rush_____HEAT SHEETS on full money back guarantee within 30 days if I'm not absolutely delighted.

____Twin Bed Heat Sheets: 10.98 ea
____Double Bed Heat Sheets: 12.98 ea.
____King Size Heat Sheets: 16.98 ea
Add 10% for postage & handling

NAME _____
ADDRESS _____
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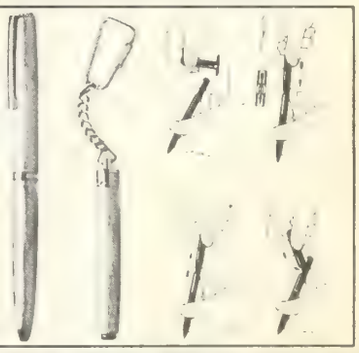
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Fine, brush silver finish, quality pen from Italy, cap contains rubber stamp, pen contains leak proof ink pad. Includes customized rubber stamp. Great for anyone who wishes to reproduce the name, address and phone number quickly, efficiently, legibly and error free, will last for years. Splendid X-mas gift set.

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Classically elegant horseshoe nail pendant in sterling silver, solid through and through, on an 18" sterling silver chain. We like it as well for the *man* who has everything! Shown actual size. $21.

14K gold horseshoe nail ... $85.
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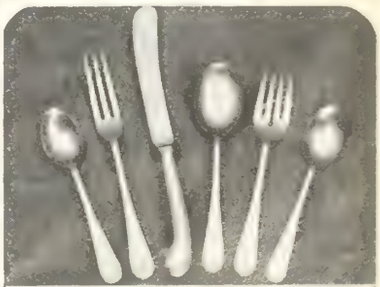
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52-piece service for 8 $39.95
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Each glass features the famous design from Schweppes® soda water siphon bottles in use since 1880.

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Foot relief—at last! These wedges are so soft, [illegible] and comfortable they're called Marshmallows. Treat your feet to a pair. Foam cushion insoles, crepe outer soles, they come in white, sand, teak brown, navy, red, green and yellow. Sizes narrow 5½-12. Medium 4-12. Wide 5-12.

$11.99 [illegible] $12.99 with back trap

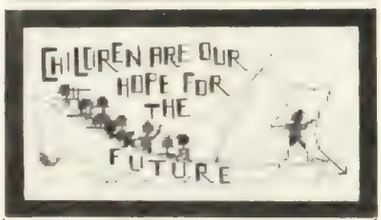
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Andy Morgan, Prop.

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PLUS 50¢ POSTAGE & HANDLING

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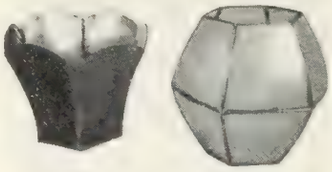
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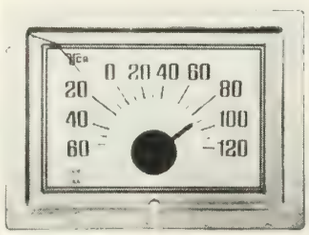
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Beautiful assistants at a buffet table are ornate silverplated fork and spoon holders by Adams. Each holds a dozen silver pieces; 5¼" x 3¼". Set of two, $15.98. Knife Holder, not shown, $10.98 Ppd. Creative Enterprises, HG12, 1732 Butler Ave., Los Angeles, CA 90025.



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STERLING FASHION

Pinky rings are made from six of Gorham's designs in sterling silver. Illustrated are: Chantilly; Strasbourgh (l to r rear) King Edward and Buttercup (l to r front). $5.95 each plus 35c post. Wickford Gift Galleries, Dept. 243, 290 Westminster St., Providence, RI 02903.



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Crystal chandeliers, sconces and candelabra come bright and clear after a spray shower of silicone mist from an easy-to-handle 7 oz. can. No need to wipe; just let dry naturally. $3.98 plus 60c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

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Clear polished molded acrylic makes a perfect terrarium and the 36″ top (unbreakable) holds coffee cups, magazines, what you will; it is movable for washing, plant-tending. Table is 19″ high. $180 ppd. Curd Enterprises, Dept. A, 211 Iroquois St., Charleston, SC 29406.



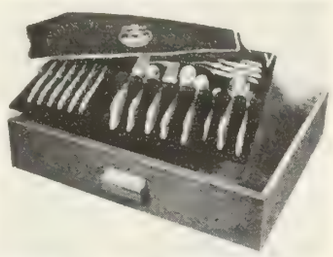
SPACE SAVER

Make room for your wardrobe of shoes with a caddy that holds up to eighteen pairs in 1 lineal foot space. Durable vinyl with see-through pockets. Has metal hanging hook, supporting frame. $4.98 plus 60c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



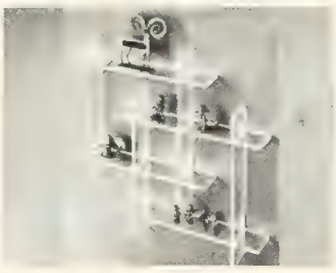
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Tarnish-proof Pacific Cloth drawer pads made by Gorham. Prevent tarnish and scratching! 11¾″ by 15″ by 2½″ holds 100 pieces, $10.75; 17½″ by 13⅞″ by 2½″ holds 125 pieces, $12.75. Add $1.00 post. Barrington Specialties, HG12, Box 154-G, Barrington, RI 02806.



CONTEMPORARY LOOK

Handcrafted Lucite shelf shows off treasures in handsome fashion and can stand alone to be viewed from all sides. ½″ thick. Complete with three supports and screws. 17½″ by 17½″ by 2¼″. $14.98 plus $1 post. Lillian Vernon, GDE, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



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Kit for home use consists of bustline improvement guidebook for exercises, diet, posture; hydrotherapy massage cup for a few minutes daily use; and three special-moisturizing cremes. $19.95 ppd. Beauty-Breast of Paris, Dept. LG/Y, Box 8072, Van Nuys, CA 91409.





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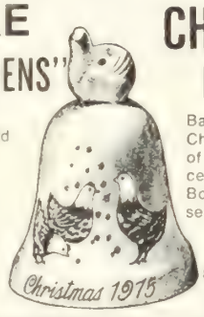
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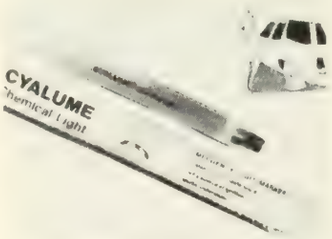
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Artist smocking front and back. Assorted colorful prints, all machine washable and carefree. 12-20 sizes $4.75; two $9. 42-50 sizes, two $10. Add $1 post. Free brochure with order (or send self-addressed envelope). Wendy Dale, GE-12, Box 91, Newton Centre, MA 02159.



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Chemical lightstick (cyalume-R) developed for the Navy. No flame or electricity. Lasts three hours as work light and ten as marker. Safe. Use at home, car, boat, campsite. Four $5 plus 25c post. Elford Products Co., CY12, 3308 Meade Ave., Las Vegas, NV 89102.



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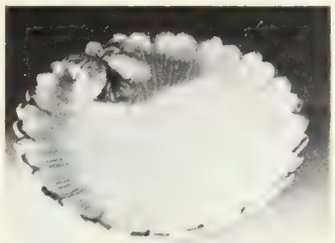
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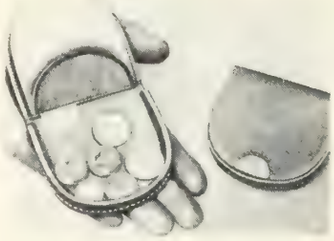
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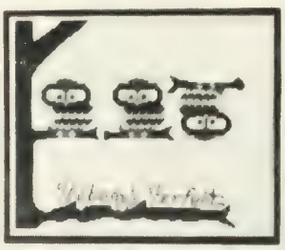
THE CONTINENTAL

Tray purse opens and closes in palm of your hand. Select and count change easily. Two compartments: one can hold bills or tickets and the other coins. Tan pigskin. 3" by 3". $1.98 plus 25c post. Order #700. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.



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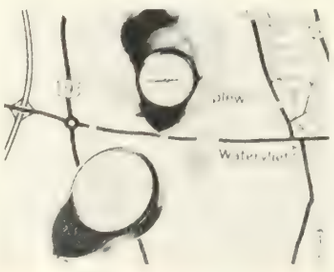
NEEDLEPOINT FUN

Kit with amusing picture and legend "Nobody's Perfect," handpainted on 12-mesh white interlock canvas. Persian-type yarns, yellow, brown, greens, and white; needle; complete instructions. Finished size 10" x 12". $17.95 plus $1 post. The Stitchery, HG12, Wellesley Hills, MA 02181.



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MARK THE SPOTS

Travelers who use maps love a mileage meter. Just roll it along a map to translate inches to mileage—regular miles, kilometers or nautical. On reverse, a compass with luminous indicator. $3.98 plus 25c post. Anthony Enterprises, HG12, 556 Mission St., San Francisco, CA 94105.

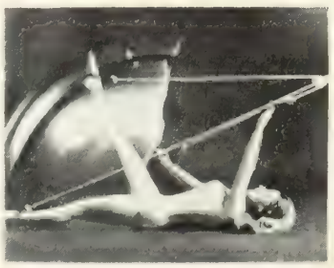


FIGURE SHAPER

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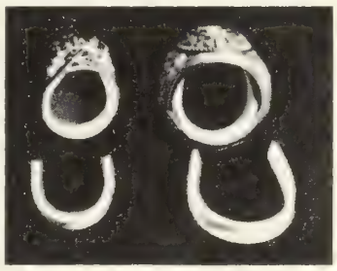
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To keep the birds' drinking water from freezing, paint a shallow Pyrex dish black on the outside to retain heat from the sun

How to welcome songbirds *continued from page 87*

Look for satellite spheres or the multi-perch Droll Yankee cylinders that hang on branches or brackets. A windowsill feeder or tray 5 feet above ground appeals to many birds. Rims on trays help keep seed from blowing or scattering. Roofs and hoppers give some protection in bad weather and make daily replenishing less necessary. Birds that like to eat on the ground—mourning doves, cardinals, most towhees, and sparrows—need remembering, too. Eastern bluebirds need special accommodations where they can eat cornbread, raisins, and other small fruits in peace from aggressive birds. They like a glass or mesh box they can enter through a 1½-inch opening, the same size doorway they need for their houses. For the many birds that like suet, put it in a mesh cage or box (even the plastic kind tomatoes come in) nailed or wired to a tree. Or tamp suet into holes in special hanging logs, or stuff it in string mesh bags, the kind oranges and bulbs come in. **Q. For a regular feeding program, what foods are best to buy?** A. Sunflower and thistle seeds are extra choice: use in swinging feeders. Cheaper cracked corn and mixed bird seed please many. Tip: Seed is least expensive in large bags sold at feed, hardware, and garden stores. Large bags can be kept handy and safe in garages or even outdoors if you use a metal, not plastic, trash can with a secure lid. Keep indoor supplies in handsome crocks or buckets by a door or window near the feeder, plus a handy can or scoop. **Q. Are any foods bad for birds?** A. The Audubon Society warns against fermented sweet water (below) and against dry shredded coconut, which can swell when eaten. Birds rarely eat any sort of spoiled food, but if feeders and bird baths are not cleaned regularly there might be trouble. Note: A recirculating fountain does not meet the need for clean *fresh* water daily.

Q. Ideally, where should feeders be placed? A. In a sunny spot protected from wind and near branches or grillwork birds can escape to. **Q. Should weekenders feed the birds that share their country property? Will they starve when we're away?** A. Any supplemental food benefits birds and if they arrive at your door when you arrive they clearly fend for themselves in your absence. Enjoy your brief time together. **Q. Should someone who plans to take a winter vacation start a daily feeding program?** A. Birds will manage if several people in a neighborhood are feeding them regularly, but isolated country dwellers should be careful about serious interruptions. On any holiday ask a neighbor to feed and water the birds as well as pets and plants. **Q. We have a new bird feeder and no birds yet. Why?** A. Be patient. One little bird will soon tell all. An unroofed open tray is easiest for birds to see. Set out a few pieces of white bread. A telegraphed invitation to chickadees, woodpeckers, nuthatches, others, is a piece of suet—plain, chopped, or mixed. A big piece no ambitious bird can carry off is best for all. **Q. How can we avoid attracting birds such as house sparrows and starlings?** A. Difficult, but you may keep them at separate tables and different levels. House (English) sparrows (the ones dressed in black bibs for gorging in style but whose cheeps are monotonous and whose libido is a scandal—they nest up to four times a year) are clever. They are often the first to find a new feeder. If it is close to a window, rap the pane with a magazine when they try to land. House sparrows like bread crumbs and table scraps, which you might offer at an alternate feeder. To rid a garden of starlings, cut out all food but sunflower seed, which they cannot hull. **Q. Any suggestions for a garden too small and informal for a standing birdbath?** A. A small boulder with a hollow, sloping inward ½-to-2 inches-deep, is ideal. A sloping hollow dug in earth can easily be rough-paved, for a good grip, with 1 part cement to 4 parts sand. Birds also like a preening rock set in the middle. **Q. What can be done to keep the birds' water from freezing?** A. A shallow Pyrex pie dish painted black on the outside will retain heat from the sun and can even be set in a bird bath. Safe immersible warming tubes, attached to insulated outdoor extension cords, and even plug-in baths, are available at garden centers and by mail. **Q. If we entice birds will we end up tempting the cat?** A. Keep cats indoors at least during birds' key feeding periods—daybreak and dusk. Place feeders and baths away from any overhanging jumping place, but near escape branches or brambles in case of surprise. Even one or two tragedies a year will be outweighed by the many birds whose lives you benefit. **Q. Our feeder on a pole feeds mostly squirrels. What to do?** A. The feeder should be at least 5 feet high. Grease the pole with safe petroleum jelly or axle grease, or add a funnel-shaped baffle just under the tray. Where rooftop or tree branches give squirrels a good springboard (10 feet or closer), tempt the rascals with cracked corn scattered elsewhere. An excellent new book, *A Complete Guide to Bird Feeding* by John V. Dennis (Knopf, $10) shows how to hang old phonograph records to foil squirrels. **Q. Won't seeds or grains scattered on the ground soon spoil or sprout?** A. Birds waste little if properly fed. Foods covered by snow are simply in cold storage. If seeds or seed hulls become thick on the ground, sweep or rake them away. A few may sprout but you can always pull or mow them. Transplant sunflower seedlings to better soil (more on sunflowers in Gardener's Notes page 178), and by late summer you can harvest new seeds for next winter's banqueting.

Christmas Gifts to Share with Birds

Save for spring nesting season: shredded paper, excelsior, yarn, and string (cut into 4-to-8-inch strips). Save wooden crates for making feeders or bird houses or roosting boxes. Bird houses have the holes high, for nest below. Roosting boxes have holes low, and staggered dowels up high for perching. Collect neighbors' discarded Christmas trees to create a brush fence or haven for ground-nesting birds.

Birds pick-me-up drink

Sweet water for quick energy: Boil and cool 3 to 4 parts water to 1 part sugar. Add a little red food coloring to attract hummingbirds. Sweet water also aids orioles and migrating warblers, and can be stored in the refrigerator. Caution: Always empty and rinse vials or bowls or citrus cups before replenishing. Because of fermentation, sweetened water should be used up within 2 days or discarded. Fermented drinks can cause birds, like people, to have liver ailments.

Haitian resort

continued from page 26

stacks of things on their heads—stacks of baskets one inside the next; stacks of baskets with vegetables inside, artichokes, lettuce, cabbages, others are filled with bananas, oranges, and fruits completely unrecognizable to me. The flowers are unbelievably beautiful—a huge old-fashioned bunch beautifully arranged and wrapped in big green leaves and fern to hold in the moisture and freshness—they cost a few pennies and will last only a day as most of them are wildflowers. The Baptist Mission shop in Kenscoff sells muumuus and caftans and some marvelous bone bracelets that are three for $5.

Habitation Leclerc rates: Continental plan—$55 per person, per day, double occupancy. Modified American Plan—$62.50 per person. From December 15 until April 4.

There are several Haitian tourist bureaus in this country and Canada, one in Rockefeller Center, another on La Salle St. in Chicago, and others in Miami Beach, Montreal, and Puerto Rico. American Airlines flies nonstop from New York every day and Pan American and Air France fly nonstop from Miami. In addition, U.S. Government printing offices throughout this country publish a 30¢ folder giving background on Haiti. It is invaluable. ■

—NANCY RICHARDSON

Mexican finds

continued from page 10

afternoon when it's cool and pleasant. Yagul is a reasonably small city beautifully situated overlooking the valley, with its defenses higher up the hill. You feel that people have been looking out over that valley for thousands of years. It has the aura of an immensely ancient place. And in one of its recently excavated limestone caves they've found corn that's about 12,000 years old.

Oaxaca is well supplied with hotels, among them the small, spotless, friendly Plaza, built around a courtyard one level up and a few steps from the main square, the Zocalo. Even if you stay elsewhere you may wish to consult its "information wall," which has folders on everything to do and see in the area including the dates, locations and specialties of all the local markets.

—LAUREN OTIS

Shopping Information

All prices are approximate. *Consult your interior designer or department store decorating departments. The cost of postage is indicated by ( )

INGS TO MAKE
e 62:
ico basket and ornaments: de-ed by Diana Beattie and Tucky tt; **calico wreath and hand-le dolls:** designed by Judy Wilkin All at Cache-Cache.
CORATIONS TO SEW
e 72:
ch Wax batik cotton fabric: 18" e, imported from Holland. $6 a yd. fabrications.
CORATING LINKED
NATURE
es 90-91: Dining area
ple dining table: 38" x 72" x 29" , ivory white lacquered finish, bev-l glass top. $1022. By Baker.
tan armchairs: 23 x 22½" x ½" high, ivory white lacquered fin-rawhide bindings, Haitian cotton cushions. $476 each. By McGuire niture for Baker. Both pieces are n the Far East Collection by Baker & J Sloane.
dian Cotton" cotton fabric: cov-ng dining chair seats, 54" wide. By l. Hexter.*
ar-panel raffia screen: each panel sures 21" x 80" high. $1600. At el Springer.*
alfnight" oil painting: 56" x 48", 6, by Friedel Dzubas. At André merich Gallery.
rge glass jar filled with flowers: diam. x 11" high. $21; **large wick-basket with handle:** 12" high, $60. th from John Rosselli.
ving area
mless sofas: 84" x 33" x 29" high, se back and seat cushions, part of a tional seating group. $945 COM.
toman: 28" sq. x 16" high, tufted t, Manor House black finish maple se, brass hardware. $300 COM.
ive ash burl cocktail table: 40" x 15½" high, brass hardware. $790. Baker. At W & J Sloane.
hannel Club" quilted fabric: cov-ng sofa, 2" channel quilting pattern. Étalage.*
fenton Toile" linen/cotton fab-: 59" wide, covering some pillows on a; **"Country Toile" cotton fab-:** 55" wide, covering other of pillows sofa. Both by Brunschwig & Fils.*
kagway" acrylic painting: 49" x ", 1975, by Larry Zox. At André nmerich Gallery.
donesian straw Parsons table: " x 12" x 9½" high. $540; **stone ash-ays on cocktail table:** $75 each; **donesian straw covered basket:** e of a set of six, $320 the set. All m Karl Springer.*
ntique Chinese crackle plates: " diam. each, two on cocktail table. 80 each; **Haitian basket with han-e:** $10.50; **antique green crackle htray:** 4" diam. $45. All from John osselli.
frican Lesotho basket: on cocktail ble, 14½" diam. $18. At Limited Edi-ons.
asket containing tree: 24" diam. x " high. $96. From John Rosselli.
lass vase with zinnias: $4.50. At ony's Flower Shop.
rass swing arm lamp: 43" high x 9½" extended, step floor switch, own in brushed brass, available in olished brass, brushed or polished rome. $120. By Nessen Lamps.
Vool carpet: 8' x 10', imported from dia. $1250. By Rosecore Carpet.*
nset lower right
Korean chest: 42" x 20" x 56" high, olive burl with maple, 4 doors and drawers, brass hardware, interior fitted with trays, shelves, shirt divider; available outfitted for a bar. $1950. Far East Collection by Baker. At W & J Sloane.
Late 18th-century saki bottle: 13" high, $400; **Chinese 19th-century** celadon jar: $260. Both from Charles R. Gracie & Sons.*
Covered basket on floor: 35" diam. x 10" high. $390; **smaller basket on chest:** 8" high, $96. Both from LCS.*
Covered basket with lacquered handle: 14" high. $45. At John Rosselli.
Pages 92-93: Bedroom
Four-poster bed: 5' wide x 90½" high, maple with Manor House black finish. $1055.
Olive ash burl and maple chest: 34" x 18" x 25" high, 3 drawers, 2 doors, brass hardware. $760. By Baker. Both pieces at W & J Sloane.
"Posturepedic Premier" queen-sized mattress and foundation: 60" x 80". $419.95 the set. By Sealy.
"TY Mums" Indonesian batik cotton fabric: 40" wide, canopy and bed cover; **"Prima Sarong" Indonesian batik cotton fabric:** 40" wide, 2 yd. lengths, covering pillows on bed. Both fabrics from China Seas.*
Chinese handpainted trunk: 25" x 16¼" x 10¾" high. $740. From Charles R. Gracie & Sons.*
Persian blue and white chevron jars: 10" high, $60 each. At Limited Editions.
Chinese blue and white bowl: on night table left, $90; gold rimmed blue and white bowl on table with fruit, $75; blue and white plate on night table, $60; Japanese lacquered tray, 9" sq., $60. All from John Rosselli.
"Morning Glory" serigraph: 30" x 32⅝", welded aluminum frame. By Kenzo Okada. $275. At Pace Editions.
Glass carafe: $6 from a selection of vases and carafes at Tony's Flower Shop.
Chrome standing lamp: 54" high x 9" diam. base, adjustable shade height. $50. By Studio Eight. At Lampland.
"Gentry" velour cotton towels: in natural, apricot, shrimp; bath, $6.50; hand, $3.30; washcloth, $1.30. By Burlington Domestics. At Robinson's.
LAST-MINUTE PRESENTS
Page 96:
1. **Sterling silver letter opener:** 9½" long. $440. At Buccellati.
2. **"Letter Sheet" stationery:** $15.50 for 100 sheets with 50 envelopes. At Tiffany.
3. **Sterling silver knotted paperweight:** 5" wide, weighs about 7 lbs. $325. At Gucci.
4. **"Setubal" crystal dinner bell:** 4" diam. x 6½" high. $15. By Block China.
5. **Sterling silver covered bowl:** 4⅜" diam. x 3½" high. $75. By Gorham. At The Metropolitan Museum of Art, New York.
6. **"Camellia" crystal bowl:** 16" diam. $220. By Steuben.
7. **"Vase Gourmette" silverplated vase:** 9" high. $250. By Hermès.
8. **"Fontenay" cotton sheets, pillowcases:** twin flat, $99.50; double flat, $125; king flat, $145; continental pillowcase, $49.50 each. Imported from France by Léron.
9. **Chrome frame:** 13¾" x 16" high exterior; 6¼" x 8½" opening for photo insert. $135. At Bottega Veneta.
10. **"Period Piece Bowl":** 10" diam. $173. By Waterford.
11. **"Paul Revere" sterling silver punch bowl:** 16" diam. x 12" deep. $1750. By Reed & Barton. To special order at Altman's.
12. **Six-lobed sterling silver tray:** 12" diam. $650. By Tiffany.
13. **"Kathleen" crystal jug:** 1½ pint capacity. $51.50. By Waterford.
14. **"Blind Earl" porcelain dessert plates:** in white, $24 each. By Royal Worcester. At Tiffany.
15. **Handhammered sterling silver box:** 6" x 4" x 2½" high. $210. By Buccellati.
Page 97:
1. **Brown lacquered desk clock:** 4" diam., gilt stick markers, quartz movement. $225. At Tiffany.
2. **"Coin" pocket watch:** 22 karat gold, 1 5/16" diam., ¼" thick, casing a replica of an American 20-dollar gold piece. $3350. By Rolex. At Tiffany.
3. **"World's Thinnest Pocket Watch":** platinum, made in Switzerland. $5000. By Jaeger-Le Coultre. At C.D. Peacock.
4. **"Domino" rosewood watch:** 1⅜" long. $225. At Van Cleef & Arpels.
5. **"Rhodium Desk Clock":** 4¾" x 4¼" high, rhodium plated brass plaque for engraving. $165. At Tiffany.
6. **Desk clock:** 3" x 2¼" deep, key-wound operation. $77. By Swiza. At Altman's.
7. **Battery-operated desk clock:** 7" x 5½". $59.50. By Howard Miller Clock. At Fuller Office Furniture.
8. **"Times Square" digital clock:** 2½" cube, electronic movement. $40. By Corvus. At Altman's.
9. **"Informer" AM/FM clock radio:** 9¼" x 8¾", alarm clock. $250. By Sony. Write Sony for nearest dealer.
10. **"Atmos Heritage Square" air-powered clock:** 8¼" x 9¼" high, brass and glass. $450. By Jaeger-Le Coultre. At Tourneau.
11. **"Aurora" electric clock:** 5" diam. face, 8" high, polished aluminum case. $175. By Kirsch-Hamilton. At Apelgarden.
12. **"Triumph" battery-operated clock:** 4¾" x 4½", alarm. $40. By Bulova. At Bloomingdale's.
13. **"Luna" alarm clock:** 1½" high, brushed silver metal case. $59.95. By Computine. At Altman's.
14. **Acrylic cased desk clock:** 3" high x 2¼" deep, alarm, electronic movement, key-wound. $50. By Swiza. At Altman's.
15. **"Shell" clock:** 18 karat gold, 3" diam., accutron movement, designed by Jean Schlumberger. $3550. At Tiffany.
16. **"The Daisy" gold pocket watch:** 18 karat gold with cabochon ruby center. $390. At Van Cleef & Arpels.
17. **Pocket or pendant watch:** white gold, jeweled movement, cobalt blue face, 1½" diam. $1175. From the Cellini Collection by Rolex. At Tiffany.
18. **"Silhouette Pocket" watch:** 1½" diam., brushed gilt finish, calendar. $135. By Wittnauer. At Carter Jewelers.
19. **"Liquid Crystal Digital" wristwatch:** stainless bracelet removed, quartz movement, continuous read-out no buttons, variable illumination. $295. By Seiko. At Macy's.
WINE & FOOD
Page 99:
Antique baskets and green/black lacquered basket: from Jean-Jacques Bloos Ltd.
Round Niger sieve basket and Cameroon hanging basket: $9 and $3.50. Both from Folklorica Imports.

travelog

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By James Fani

Garden books to give for Christmas

Sunflowers for the birds. Living Christmas trees to plan pot and all. Symposium in Georgia. Poinsettias in basket

Kansas's gift to the birds

Bees and artists love sunflowers. And, if the bees do their work of fertilization properly, so do the birds, come winter. Most of the sunflower seeds we buy for bird feeding come from Canada or the Soviet Union, but the plant is as distinctively American as corn or squash. Its botanical name is *Helianthus annuus*, and it grows everywhere in the Midwest, where it is usually called Kansas sunflower. Improved varieties, with their tremendous seed heads, are extremely easy to grow. In fact, the biggest problem involved in growing large-headed sunflowers is keeping the heavy flower heads out of the mud long enough for them to mature. This usually means staking with some kind of husky support as the flowers begin to fill out. Varieties



Bright yellow sunflowers are much favored by summertime artis who also find fascination in the geometric arrangement of seed

with flowers in clusters are probably best, as they stand up by themselves, become dense enough to act as a screen, and are excellent cut flowers. To grow well, sunflowers need nothing more than a sandy, well-drained soil and all-day sunshine. Seed heads may be harvested when the green bracts around the rim turn brown and dry. Ch dren usually enjoy the task of ru bing the dry seeds from the di and pouring them into containe If seeds are well dried ahead time, they may be stored in a tight containers, which should so be mouseproof—unless, that you want to feed mice, too.

Living Christmas trees to plant, pot and all

Nurserymen these days are making great improvements in living Christmas trees. Instead of the formerly ubiquitous spruce, they are now growing a wide range of evergreens, including some that are rarities—Aleppo pine, for instance. The nurseries are also paying more attention to how the trees are prepared in advance for the homeowner, growing them in containers that are easy to handle and also attractive to look at. A pioneer in this field is the Boething Treeland Nursery Company of Woodland Hills, Cal. This nursery is growing Christmas trees in papier-mâché tubs so that they may be planted outdoors, tub and all, without disturbing roots. When a tree in this kind of container is set in the ground, the pot should be slashed in several places to hasten its decay, and any rim that stands above ground should be cut off, so it cannot draw moisture from the soil. Trees in burlap should be treated the same way, pushing the fabric down around the root ball and burying it.



At Treeland Nursery, Christmas trees grow in paper pots before being shipped.



BARRY KORN FROM TREELAND

Christmas symposiur in Georgia

The climate of Pine Mountain, Geo gia, is about as favorable as cou be asked for by either plants or pe ple. That's why the place has been favorite resort for both summer ar winter visitors. Not so incidentall Callaway Gardens is another prim reason for the popularity of Pin Mountain. Year-round displays outdoor and indoor plantings, in cluding a fabulous vegetable ga den, give garden-minded visitor ample reason for visiting the ga dens. At the winter holiday seasor Callaway Gardens goes all out b staging a Christmas Symposium. I 1975, this will span two full days— December 12 and 13—and there will be talks and demonstrations that emphasize Christmas decora tions. You can obtain full informa tion about the symposium by writing to the Ida Cason Callaway Founda tion, Education Department, Pine Mountain, Ga. 31822. The Callaway Foundation also has a long list of color sound movies and 35mm slide shows that are available for use by garden clubs or other groups. Information on subject matter and how to go about obtaining the films is available from the same address.

Holiday harvest of garden books

Wildflowers of Eastern America, by John E. Klimas and James A. Cunningham, and **Wildflowers of Western America** by Robert T. Orr and Margaret C. Orr (Knopf, $17.50 each). Between them, they cover the U.S. with exact, easy-to-read descriptions of the plants, clear color photographs to make identification positive.

Good Bugs and Bad Bugs in Your Garden by Dorothy Childs Hogner, illustrated by Grambs Miller (Crowell, $5.50). A book for children, but no gardener, from tyro to professional, could fail to learn from it. Every insect a gardener might encounter is described and shown in a drawing. What each does, and what, if anything, the gardener should do about them, is also explained.

The Avant Gardener by Thomas and Betty Powell (Houghton Mifflin, $12.95; $6.95 paperback). A selection from the Powells' newsletters of the same name on every imaginable subject related to gardening.

The Private Lives of Orchids by Hilda Simon (Lippincott, $15). One of the largest, and certainly the most varied of plant families is that of the orchids. All are fascinating, particularly in ways they reproduce. Miss Simon takes the orchid genera one by one, describes each, shows it in a line drawing and details of its reproductive mechanism. Even the nonfancier of orchids will be fascinated.

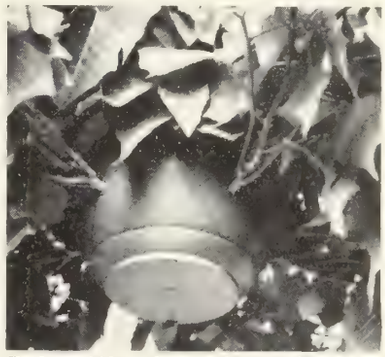
The Terrace Gardener's Handbook by Linda Yang (Doubleday, $8.95). City dwellers with any outdoor space are forever worrying about what to do with the terrace, patio, or whatever. Miss Yang, a city gardener, has personal experience of all this, and writes most entertainingly about it. She visited and studied many other city gardens and uses them as illustrations of how various terrace problems may be solved.

The New York Times Book of Vegetable Gardening by Joan Lee Faust (Quadrangle/New York Times, $9.95). There could hardly be a better way of getting started planning next year's vegetable garden than with this book. There are more vegetables here than the average home gardener has heard of, with instructions for growing and using them.

House & Garden's 26 Easy Little Gardens (Viking, $15.95). In selecting these gardens, House & Garden's editors have kept in mind that most of us find our gardening restricted to the confines of a tiny house lot or even tinier backyard. Each may be taken as a model for other small-scale gardens. Each is shown in color; each has a plan of the layout. At bookstores or Condé Nast Books, P.O. Box 3308, Grand Central Station, New York, N.Y. 10017 (add 45¢ for handling and postage).

Poinsettia hanging baskets

The traditional Christmas gift plant has a new look this year. Cascades of long-lasting blooms grow not just from the top of the 10-inch pot, *right,* but from holes in the sides as well. The red bracts produced by the circle of plants under the conventional crest obscure the strawberry-jar technique, and the impact of this new form in hanging baskets, centerpieces, and for fern stands is dazzling, see page 68. New and in limited supply this year, the baskets vary in size, range from $25 to $75, and should be ordered for Christmas by early December from your florist or a Teleflora affiliate. Masses of these plants will be displayed in Los Angeles at the Broadway Plaza November 28-January 1, and in Dallas at Neiman-Marcus, November 9-January 1. The Paul Ecke Poinsettia Ranch, Encinitas, Cal. 91506, developed, grows, and sells them. Paul Ecke Jr. advises that this new cascading poinsettia



Poinsettias hang in a clay pot

needs the same care as the familiar ones he and his father have made so popular: Lots of daylight (but not wilting sun), a thorough watering when the soil feels dry to the touch, low 60s temperature at night and low 70s by day, and protection from drafts. To keep a poinsettia growing as a shapely green houseplant after the red bracts fade, cut leggy stalks back to three joints, cut down on water, and withhold fertilizer until new shoots appear in spring and summer. Continue to pinch back till the plants are compact and bushy.

HOUSE & GARDEN GREAT AMERICAN IDEA CENTERS

In every issue you'll see a special selection of things for the home that House & Garden has chosen as a salute to the Bicentennial celebration, things you can buy at The House & Garden Great American Idea Centers in the following stores across America. For the seventh in the series, Last-Minute Presents, turn to page 96.

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Birmingham — Pizitz

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Baltimore — Hutzler's

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Minneapolis — Dayton's

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Kansas City — Edward Keith
St. Louis — Stix, Baer & Fuller

Nebraska
Omaha — J. L. Brandeis

New Jersey
Newark — Hahne & Co.

New Mexico
Albuquerque — American Furniture

New York
Brooklyn — Abraham & Straus
Buffalo — Adam, Meldrum & Anderson
New York — B. Altman & Co.
Rochester — Sibley, Lindsay & Curr

North Carolina
Charlotte — Ivey's

Ohio
Akron — O'Neil's
Cincinnati — Shillito's
Cleveland — Higbee's
Columbus — Lazarus
Dayton — Rike's
Toledo — Lasalle's

Oklahoma
Tulsa — Froug's

Oregon
Portland — Meier & Frank

Pennsylvania
Ardmore — O'Neil & Bishop
Philadelphia — Strawbridge & Clothier
Pittsburgh — Kaufmann's

South Carolina
Greenville — Ivey's

Tennessee
Knoxville — Miller's

Texas
Dallas — Sanger Harris
Houston — Joske's of Houston

Utah
Salt Lake City — Z.C.M.I.

Virginia
Richmond — Thalhimer's

Washington
Seattle — The Bon Marché
Spokane — The Crescent

Anita Loos *continued from page 12*

length mirror, and you could really see where you were wrong. By the time she straightened you out, you had got hold of yourself."

Never a sportswoman or game enthusiast Miss Loos believes some sports can sap your strength. Golf just makes you old. "It's a waste of mind," she goes on. "The same amount of walking down Madison Avenue with an interest in the shops would do a lot more good."

Mental input is definitely reenergizing. To keep the stimulation flowing be ruthless about boring people. "I'm a terrible snob but I won't waste two minutes on anybody who isn't intelligent, amusing, or diverting in some way. I daily fight off anybody who is giving in to self-indulgence."

About five years ago in Vienna a doctor asked Miss Loos what she took in the way of alcohol and when she said nothing, he suggested everybody needed a bit of a boost now and then. So now she has a glass of white wine at night before dinner, which seems to act like a cup of coffee and gives a burst of energy. As for food: "I was born with a terrific indifference to food," she says. "I suppose I've missed a lot of enjoyment but in another way I think it's terribly healthy." Too much food and too little thinking—these are the things that slow you down insists Miss Loos. "Lillian Gish, Helen Hayes, and I have been friends since we were girls. We all live the same lifestyle and we're all in there swinging. Self-reliant, independent, doing our own thinking, always exercising the mind."

—BEVERLY RUSSELL

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Decorating

3. LIGHTS, LIGHTS, LIGHTS— for all your lighting needs are shown in this 100-page color catalogue from Hadco Products, Inc. Lighting collections include a variety of styles from Americana and Old World to contemporary. Other pieces featured are band fixtures, mini-lantern fixtures, posts and post accessories plus custom design lighting for that special look. $2

4. AMERICANA FURNITURE. New decorating guide featuring how-tos on furnishing and accessorizing with Early American pieces. An 80-page book, in color, showing room scenes and suggestions on how you can decorate or redecorate. Broyhill's Americana Collections. $1

5. "THE CENTER OF FAMILY LIVING." This 20-page full-color booklet contains helpful ideas for those planning new or remodeled kitchens or baths. AristOKraft cabinets and vanities shown in various designs and finishes. United Cabinet Corporation. 75c

6. ONE OF THE SOUTH'S OLDEST MAKERS OF FINE FURNITURE, White of Mebane, describes three of their important bedroom collections in individual looseleaf inserts. The groups described are Meridian, Impression, and Hillsborough—all contemporary in style. 25c

7. GRANDFATHER FLOOR CLOCKS. New brochure handsomely illustrates the collection of famous Ridgeway floor clock styles and their availability in a choice of designs and finishes. Individual clock descriptions are informative and clocks are shown in a range of price groupings. Gravely Furniture Company, Inc.

8. ". . . GUIDE TO CARPETING FOR THE SERIOUS SHOPPER." Cheerfully illustrated and written—this brochure from the Monsanto Textiles Company gives you some helpful tips on buying a carpet; everything from evaluating your lifestyle to actually putting the carpet down.

9. EXCLUSIVE COLLECTION. Two handsome hardbound volumes totaling 402 pages plus a separate index by living area and item show the entire collection of Baker classic furniture for the living room, bedroom, and dining room. Baker, Knapp & Tubbs. $15

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16. "CHEESES FROM HOLLAND" is a delightfully illustrated brochure that discusses three important cheeses of that country, their origin, and their basic characteristics. Brochure also explains the processes by which these cheeses are made. Holland Cheese Exporters. 25c

17. CALIFORNIA ALMOND GIFT IDEAS. No one will question the "good taste" of the gifts featured in the new 1976 "Almond Gifts From California" catalogue, available from the California Almond Growers Exchange. Colorfully shown, collections include snack almonds, cooking almonds, almond nougats, Stollen cake, marzipan kit, and more—deluxe assortments too.

18. "COOKING 'DUTCH' WITH CALORIC" contains over 550 time-tested Pennsylvania Dutch recipes, representing hundreds of years of cooking experience. Some of the recipes originate from the time of earliest immigration to the "New Land." Most of the recipes utilize readily available ingredients, such as eggs, meat, and vegetables. Caloric Sales Corporation. $3.50

19. ". . . RECIPES EXPRESSING FIVE CENTURIES OF GOOD TASTE" in this original booklet from Four Roses Distillers Company. Recipes for food, drink, and desserts—Tuaca Italian Demi-Sec Liqueur is the individual flavor in each.

20. ENJOY OLIVES IN MANY DIFFERENT WAYS. Lindsay International's special 95-page paperback gives 151 easy-to-prepare international recipes for world-famous dishes made with Lindsay Ripe Olives. You'll learn to make Veal Veronica from France, Spanish Crêpes, Mexican Hat Salad, Olive Rice Pilaf, and many other tantalizing taste treats. 25c

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22. PRESENTS from the Metropolitan Museum. Catalogue of exact copies of museum originals: sculpture, decorative objects, tableware, jewelry. Extraordinary variety of ancient jewelry, porcelain, Early American glass, bronze, silver, pewter, brass, pottery. The Metropolitan Museum of Art. $1

23. "WHAT AND WHERE TO BUY" is a new shopping brochure published by the Virgin Islands Gift and Fashion Shop Association. This 16-page guide furnishes information on where to buy particular name brands in all major categories—antiques to cameras to perfumes and women's wear.

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December, 1975

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BING & GRØNDAHL
Copenhagen porcelain since 1853

In the house there was all the festive cheer of last year and the same glorious whiff of sage-and-onion. But there was not the sorrow; there was Buster

The best Christmas present *continued from page 81*

desperately ill—I daren't think about it. And having kittens, too—I . . . I wonder how many she did have?"

I shrugged. "I don't suppose we'll ever know. Maybe just this one. It happens sometimes. And she brought it to you, didn't she?"

"Yes . . . that's right . . . she did . . . she did." Mrs. Ainsworth reached out and lifted the bedraggled black morsel. She smoothed her finger along the muddy fur and the tiny mouth opened in a soundless meow. "Isn't it strange? She was dying and she brought her kitten here. And on Christmas Day."

I bent and put my hand on Debbie's heart. There was no beat.

I looked up. "I'm afraid she's gone." I lifted the small body, almost feather light, wrapped it in the sheet, which had been spread on the rug and took it to the car.

When I came back, Mrs. Ainsworth was still stroking the kitten. The tears had dried on her cheeks and she was bright-eyed as she looked at me.

"I've never had a cat before," she said.

I smiled. "Well, it looks as though you've got one now."

And she certainly had. That kitten grew rapidly into a sleek handsome cat with a boisterous nature, which earned him the name of Buster. In every way he was the opposite of his timid little mother. Not for him the privations of the secret outdoor life; he stalked the rich carpets of the Ainsworth home like a king and the ornate collar he always wore added something more to his presence.

On my visits I watched his development with delight, but the occasion that stays in my mind was the following Christmas Day, a year from his arrival.

I was out on my rounds as usual. I can't remember when I haven't had to work on Christmas Day because the animals have never got round to recognizing it as a holiday; but with the passage of the years the vague resentment I used to feel has been replaced by philosophical acceptance. After all, as I tramped around the hillside barns in the frosty air I was working up a better appetite for my turkey than all the millions lying in bed or slumped by the fire; and this was aided by the innumerable apéritifs I received from the hospitable farmers.

I was on my way home, bathed in a rosy glow. I had consumed several whiskies—the kind the inexpert Yorkshiremen pour as though it were ginger ale—and I had finished with a glass of old Mrs. Earnshaw's rhubarb wine, which had seared its way straight to my toenails. I heard the cry as I was passing Mrs. Ainsworth's.

"Merry Christmas, Mr. Herriot!" She was letting a visitor out of the front door and she waved at me gaily. "Come in and have a drink to warm you up."

I didn't need warming up but I pulled in to the curb without hesitation. In the house there was all the festive cheer of last year and the same glorious whiff of sage-and-onion, which set my gastric juices surging. But there was not the sorrow; there was Buster.

He was darting up to each of the dogs in turn, ears pricked, eyes blazing with devilment, dabbing a paw at them then streaking away.

Mrs. Ainsworth laughed. "You know, he plagues the life out of them. Gives them no peace."

She was right. To the bassets, Buster's arrival was rather like the intrusion of an irreverent outsider into an exclusive London club. For a long time they had led a life of measured grace; regular sedate walks with their mistress, superb food in ample quantities, and long snoring sessions on the rugs and armchairs. Their days followed one upon another in unruffled calm. And then came Buster.

He was dancing up to the youngest dog again, sideways this time, head on one side, goading him. When he started boxing with both paws it was too much even for the basset. He dropped his dignity and rolled over with the cat in a brief wrestling match.

"I want to show you something." Mrs. Ainsworth lifted a hard rubber ball from the sideboard and went out to the garden followed by Buster. She threw the ball across the lawn and the cat bounded after it over the frosted grass, the muscles rippling under the black sheen of his coat. He seized the ball in his teeth, brought it back to his mistress, dropped it at her feet, and waited expectantly. She threw it and he brought it back again.

I gasped incredulously. A feline retriever!

The bassets looked on disdainfully. Nothing would ever have induced them to chase a ball, but Buster did it again and again as though he would never tire of it.

Mrs. Ainsworth turned to me. "Have you ever seen anything like that?"

"No," I replied. "I never have. He is a most remarkable cat."

She snatched Buster from his play and we went back into the house where she held him close to her face, laughing as the big cat purred and arched himself ecstatically against her cheek.

Looking at him, a picture of health and contentment, my mind went back to his mother. Was it too much to think that that dying little creature with the last of her strength had carried her kitten to the only haven of comfort and warmth she had ever known in the hope that it would be cared for there? Maybe it was.

But it seemed I wasn't the only one with such fancies. Mrs. Ainsworth turned to me and though she was smiling her eyes were wistful.

"Debbie would be pleased," she said.

I nodded. "Yes she would . . . it was just a year ago today she brought him, wasn't it?"

"That's right." She hugged Buster to her again. "The best Christmas present I ever had." ■

Energy facts about fireplaces *continued from page 12*

to $1,000—but you can save a third to half of that by installing it yourself. About half their customers do, according to a Heatilator spokesman. A professional can do it in four hours. Installed as directed, most have smoke-free guarantees. Replacement parts are available.

"For Santa Claus," says a Majestic spokesman, "we've even got a rooftop chimney housing that looks like brick."

STANDING FREE

The most economical way to have a hearth-fire is in a freestanding fireplace. Units cost from $175 to about $400. A whole installation might be as little as $300. Most sit right on the floor, with some form of hearth to catch accidental sparks.

WHERE THERE'S FIRE—IS THERE HEAT?

It's the nature of things that are hot to rise, and it's the nature of chimneys to facilitate that rise—and so, the cheery stone fireplace sends 90 percent of its heat straight up the chimney. A built-in fireplace with some kind of air circulating system can cut the great escape to 80 or 85 percent. Freestanding fireplaces put more heat into the room because their hot metal sides radiate. Even so, more than 60 percent of their heat warms the great outdoors. Wood stoves do better, mostly because they burn wood more completely.

So what's the point? A fireplace *is* a temporary back-up system in case power fails. Possibly for that reason 49 percent of new houses have them, according to the Bureau of the Census. If you can cut your own wood, fireplaces can cut fuel bills. And besides, for toasting marshmallows, hanging Christmas stockings, and warming toes and hearts, there's really nothing like a good fire.

PLAYING SAFE

Keep your chimney clean. Wood smoke deposits soot and flammable creosote on chimney walls. It builds up, eventually creating real fire dangers. The chimney should be cleaned every two years if it's used often, according to Joseph Walas. Professional cleaners will check with a weight to make sure the flue is clear, then will block the opening to keep soot out of the room and clean the chimney with a set of expanding wire brushes pulled through it several times. It's a messy job, but you can do it yourself using tire chains on a rope (swish them around vigorously) or branches (drop a rope down the chimney, tie on several upside down, haul them up; repeat). A vacuum cleaning will not do it. Do *not* drop bricks down to clean it. They're too close to the size of many flues and if they stick—how can Santa get down? ■

—SANDRA ODDO

